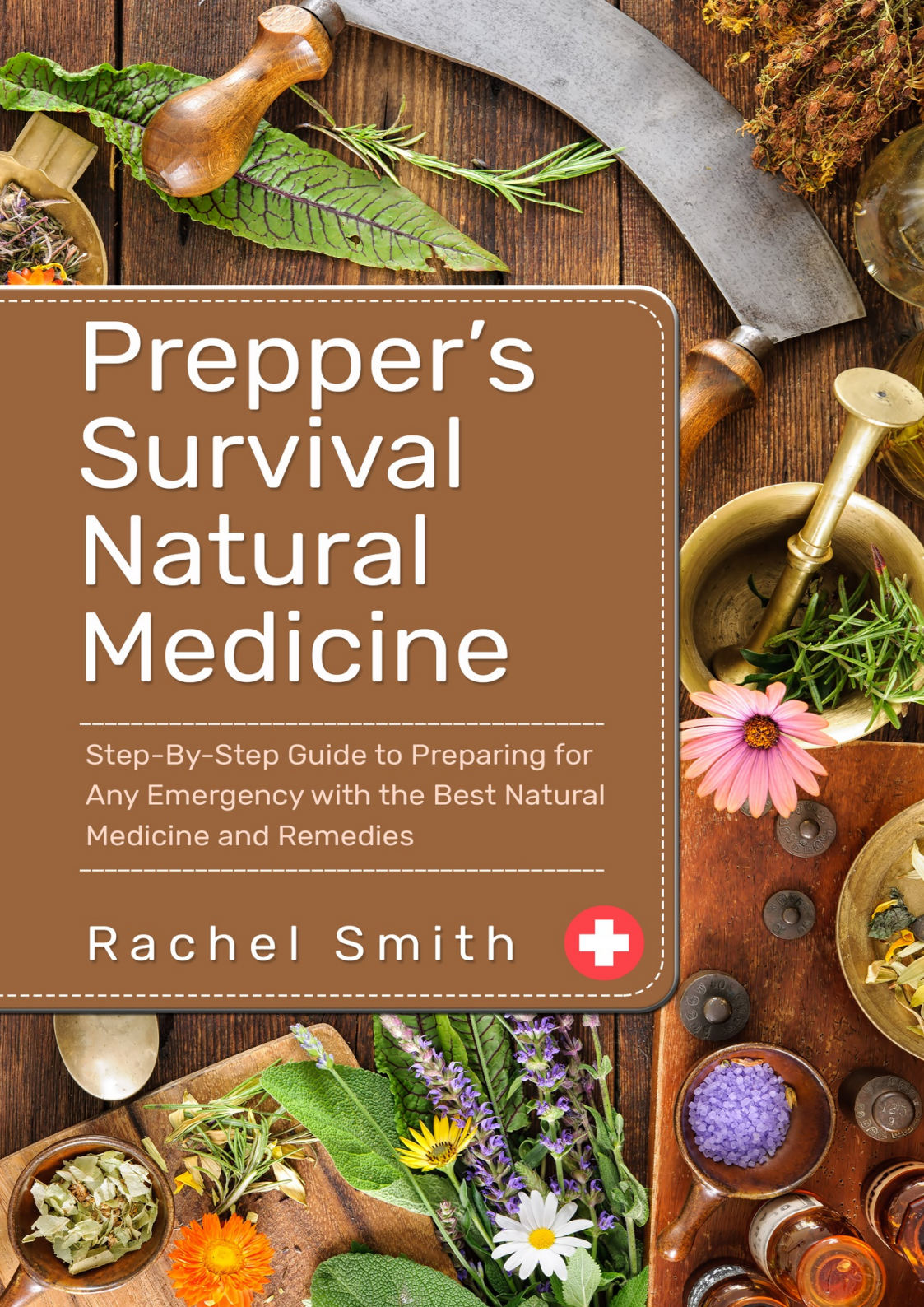




Prepper's Survival Natural Medicine

Step-By-Step Guide to Preparing for
Any Emergency with the Best Natural
Medicine and Remedies

Rachel Smith



**Prepper's Survival
Natural Medicine
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Introduction

Life is unpredictable, and plenty of things can happen that result in emergencies and turmoil. The best thing to do is to ensure you are prepared for any sudden emergencies to improve your chances of survival or wellbeing during unfortunate circumstances. Whether it's a natural calamity, social disruption, political unrest, or even getting lost in the wilderness, preparation is the best option. Even though most people don't find the chances of getting caught up in life-threatening circumstances and challenges as a common occurrence, it's something we all need to think about in terms of survival. Whether it's difficulty in finding clean water or the needed medical attention, your chances of survival depend on your knowledge.

Being prepared makes all the difference between survival and succumbing to a situation. In this book, you will learn about the basic concepts of survival, the steps required to becoming a prepper, and the

benefits associated with prepping. You will be introduced to a detailed list of herbs and medicinal plants, their beneficial properties, and the basic skills to make natural remedies at home. Once you know all the different medicinal plants and herbs that can be used, you will be introduced to a comprehensive list of natural remedies that can be made at home. From tinctures and salves to balms and lotions, different homemade products infused with the medicinal properties of plants will improve your chances of survival in emergencies. You will also learn about the basic medical supplies all preppers need and a dosage guide for reference.

All the recipes in this book are easy to make, provided you gather the required ingredients and stick to the instructions. Once you have a supply of important natural medicine, your ability to make it through emergencies will improve. From tackling physical pain and promoting healing to improving immune functioning and getting better sleep at night, the medicinal potential of natural remedies cannot be overlooked.

So, are you eager to learn more about all this?
If yes, let us get started immediately!

Chapter 1: Becoming a Prepper

An individual who feels responsible for their well-being and that of others around them and prepares ahead for unforeseen situations where survival is at stake is known as a prepper. Preparation is important in all aspects of life, and it is crucial when it comes to survival. By preparing yourself for the worst-case scenarios, you can take charge and step up when the situation demands it. Survivalists are also known as preppers, and their ideology is to train themselves for any local, national, or even global disruption that threatens their survival.

Becoming a prepper is steadily gaining popularity in today's world. Even though the modern world is full of comforts and conveniences, the number of risks humanity is exposed to these days has increased exponentially. Whether it's the onset of a sudden pandemic wiping out more of the population than any previously known

disease or the risk of war, these threats can no longer be ignored. Survival is not just about taking care of your basic needs such as food, clothing, and shelter. It's also about having access to required medical attention.

What would you do if all medical supplies were cut off? What if you cannot get the medicine needed? What if your loved one is grievously hurt, and there is no way to get them to a hospital? Or maybe you find yourself stranded in the wilderness with no contact with the outside world! All these situations threaten your survival. So, what can you do in such situations? Instead of waiting for help to arrive, you can step up and take charge by becoming a prepper. It helps to be ready for all the above-mentioned situations. You don't necessarily have to be a doctor or anyone with medical training to become a prepper. Instead, it's the desire for preparedness and the assurance that you can rely on yourself when everything else fails.

An important part of becoming a prepper is to learn about basic medicine and its applications. Another essential skill is to

learn about natural medicine. As a prepper, you probably understand the importance of planning ahead and solutions for all unforeseen circumstances. From understanding the importance of growing your own food to storing it and taking care of the basic needs, you need to prepare yourself for pretty much any worst-case scenario.

Usually, a prepper's approach to medical preparedness is assembling a high-quality first aid kit. From storing nonprescription medicine such as cough syrup, antibiotic ointment for pain relief, and antibiotics, there are a lot of basic medicines you can store at home. These items are essential, however, relying solely on conventional pharmaceuticals is not always an option. What if you cannot resupply the needed medicine or are up against drug-resistant bacteria? An important aspect of a well-rounded survival plan is to ensure you have a source of perfectly renewable medicine. It means you should be able to reproduce the medicine as needed. A simple way to accomplish this objective is by incorporating

different natural medicine and remedies into your survival plan.

An important reason you should incorporate natural medicine in your life is that it works, is easy to learn, anyone can practice it, and you can make it at home. For instance, aspirin is the go-to medicine whenever you need a pain reliever. What if you can no longer access aspirin? In such cases, the bark of white willow can be used! Most of the medicine we use these days mimic the active compounds present in different plants and herbs. Whether it's flowers, seeds, leaves, bark, or even roots, different medicinal plants and herbs are available in abundance in nature. All just need to understand how different remedies work and what can be used in any given situation.

Learning about traditional medicine is invaluable. It gives you a holistic approach to treating health problems and conditions while promoting your overall wellbeing. For instance, the traditional Chinese medicine system is over 5000 years old, and the same stands true for the ancient practice of

Ayurveda as well. These practices are still prevalent because of the benefits they offer.

Steps to Follow

Here are all the steps you should follow to become a prepper.

Don't be scared to embark on this journey because learning about anything takes time, consistency, patience, and effort. So, the first thing you need to do is take a deep breath and just get started. Instead of worrying about everything you need to learn or accomplish, work on changing your mindset. Keep an open mind, avoid panicking, and start learning about preparedness.

If you are just getting started, don't overwhelm yourself with gathering all the supplies listed at the same time. Instead, start with simple basic supplies that are needed to survive three days only. Once you have a three-day kit in place, move on to a weekly one and then a monthly one. Go easy on yourself and take baby steps. This means you need to start storing enough water per person

per day, non-perishable food items, basic first aid supplies, necessary herbal medicine and remedies, and pet food if you have any pets at home.

An extended power outage is usually associated with most emergencies. This is also one of the first utilities or services affected during emergencies, so you should stock up on extra flashlights, batteries, candles, and even waterproof matches. Investing in a generator and inverter is also a good idea if you don't have one.



All preppers need to make a list of natural events or calamities they would like to prepare for because not all issues are the same. Preparing for a natural disaster will be different from the preparation for dealing

with civil unrest. So, take some time, and make a note of them. While doing this, also make a general note of any natural disasters the area you reside in is susceptible to.

Now, spend some time and create your emergency contact list. The list should include emergency numbers for the fire department, doctors, hospitals, police, family members, and neighbors. Ensure you not only have their telephone numbers, but their mobile phone numbers and email addresses too. You never know which mode of communication will be available during an emergency.

Start stockpiling as much water as you possibly can. As a rule of thumb, you will need 1-2 gallons of water per day per person. Depending on how many days you want the supplies to last, the water to be stored will also vary. Spend some time and learn the basic techniques of purifying water. Bottled water might not always be available, so look for secondary sources of water that can be used during an emergency and learn how to purify it for drinking purposes.

Always gather your important documents and keep copies of them available. These documents should not only include your basic identification but should provide sufficient information needed for medical care as well. For instance, first responders at an accident scene should know your blood group or any known allergies to medications.

Create a stockpile of basic food items such as rice, beans, and other canned foods. Ensure the food supplies you opt for will not expire immediately and have a shelf life of up to one year or even more.

As a prepper, you will need to learn the basics of first aid and survival medicine. Keep a comprehensive first aid kit including trauma supplies and protective gear (face masks and gloves) that will come in handy if you are in a sick room. Aside from basic over-the-counter-prescription medicine, stock up on a variety of natural medicine and remedies. Herbal medicine and remedies have a long shelf life, and when planned properly, they can be used for treating pretty much any ailment. As a prepper, make a note of

potential ailments or illnesses you believe you should be prepared for.

Get to know your neighbors and ensure everyone in your household is on board with your plan and knows what to do in case of an emergency. It's not enough to be prepared yourself. Aligning with others and preparing them as well increases the chances of your survival as a group.

Benefits of Natural Medicine and Remedies

To become a prepper, learning about natural medicine is invaluable. Whether you are looking for common remedies to cold and flu or treating allergies, there is a lot you can do once you know about the medicinal properties of plants and herbs. Whenever you are learning something new, the motivation to continue learning increases when you become aware of its benefits.



When it comes to survival medicine, it's not just about learning about the variety of herbs or medicinal plants that can be used. You should also learn about different preparations. We have gathered the information you need for different preparations in the form of recipes in this book. Before you get started with them, here are all the benefits associated with natural medicine and remedies.

Reduces Side Effects

An important benefit of using natural medicine is that it reduces the side effects associated with prescription drugs and pharmaceuticals. Herbal medicine is all-natural, and that increases the chances of your body responding favorably to them. An unfortunate problem associated with modern

medicine is dealing with the side effects of most drugs. We all are unique, and therefore, we all react differently to different medicines. Some drugs might work for some but cause adverse reactions in others. This is where natural medicine steps into the picture.

Cost-Effective Options

Another benefit of using natural medicine is that when compared to pharmaceuticals, making medicine at home is cost-effective. They are not only easy to produce but are made from easily available natural ingredients. If you start growing some medicinal plants and herbs at home, you can further reduce the costs involved.

Promotes Self-Healing

Herbal remedies promote self-healing and don't just treat superficial symptoms. Most prescription drugs and pharmaceuticals are created to treat the symptoms first. For instance, popping an aspirin when you get a headache simply reduces the pain. It does not work on treating the source of the pain. When you start using natural medicine, you are not

only dealing with the pain or discomfort but also treating the source.

Self-Empowerment

Learning about natural medicine is incredibly empowering. When you know you can take care of your medical needs and those around you, you will automatically feel more in control. Even in the face of dire circumstances and emergencies, you have the required skills and resources to deal with any problem you are facing.

Gain an Additional Skill

Another benefit of learning about natural medicine is that it is an additional skill you gain. Whether you are learning about making lotions and balms or tinctures, these are all means of improving your overall health. As you go through the list of herbs and medicinal plants given in this book, your knowledge about natural medicine will improve. Knowledge is invaluable, and information is power. Always remember this. There is no harm in learning about something new.

Prepare for Emergencies

Instead of solely relying on pharmaceuticals and other manufactured prescription drugs, it is better to opt for natural medicine and remedies. Not only are natural remedies more beneficial, but they would also be accessible to you in the event of any medicine shortages. As mentioned, it is empowering. You never know when such skills will come in handy. After all, preparedness is the only way to reduce the damage caused by adversities.

Once you go through these benefits, chances are you will want to start incorporating natural medicine and remedies into your daily life instead of just emergencies. Opting for natural medicine offers a holistic means to improve your overall health and wellbeing.

Benefits of Prepping

Prepping is not just about learning the benefits associated with natural remedies and medicine. It is all about surviving in difficult circumstances and ensuring you have the materials and the equipment you need to see

you through any unforeseen crises. If you are still thinking about why you need to start preparing, the benefits may change your mind.

Saving Money

Learning about natural medicine and remedies and becoming a prepper is a wonderful way to reduce costs. Survivalism and learning about prepping involve plenty of do-it-yourself activities. Instead of relying on others, it encourages you to take a more hands-on approach towards your life and wellbeing. By doing all this, you will soon discover you are not only self-reliant but are equipped with the required skills to cut costs too. Whether you are preparing natural remedies at home, growing your own food, or learning to do basic first aid, these are all different essential skills that not only save lives but reduce costs as well.

Improving Your Health

As a prepper, you become more conscious about taking care of your health and overall wellbeing. So, it is important to start focusing

on your physical fitness. Instead of taking it for granted, become more aware of what can be done to improve your physical health. Whether it's hiking and walking or doing family drills, adopting a healthier lifestyle comes naturally to preppers.

Better Relationship with Others

Whether you want to improve the relationship with your family members and other loved ones, or forge stronger connections with those around you, learning about prepping and becoming a prepper helps. Learning something new and participating in activities together is the simplest way to form and strengthen relationships.



Self-Reliance

When you start learning about natural remedies as a prepper, your sense of self-reliance will increase. You are no longer dependent on external sources for obtaining or meeting your medical needs and requirements. When you are self-sufficient, the confidence to deal with any adversities that come your way also increases. This confidence will make you more self-reliant.

Better Sense of Responsibility

As a prepper, you not only feel responsible toward yourself but the well-being of others as well. If you have young children at home, there is no time like the present to teach them about responsibility. Learning to be responsible is not limited by age. Instead, it refers to the desire to learn something new. As you are learning about natural medicine and remedies, take this opportunity to teach others in your house about the same.

Sense of Leadership

You cannot become a leader unless you learn how to lead. As a prepper, your sense of leadership automatically improves. When you

know you are equipped with the needed knowledge, skills, and resources, your ability to make better decisions increases. This means others will automatically follow your suggestions. In case of emergencies, most look up to their leaders for guidance and advice. Apart from improving your sense of confidence and self-reliance, it also equips you with the right resources needed to become an efficient leader.

Earn Money

A wonderful thing about today's world is if you have a specific skill or even knowledge and ideas, they can be marketed and sold. If you want to create an additional stream of revenue, consider teaching your prepper skills to others. Learning about natural remedies, medicines, and the different skills needed to prepare them for the future can be taught. Whether it is an offline or online course, consider sharing your knowledge and information with others. By doing this, you are not only enriching your life but adding value to others as well.

Less Stress

Life is not only unpredictable but is incredibly stressful too. A simple way to reduce stress is through preparedness. Even if you cannot anticipate all the problems you might face, you can always prepare yourself for the worst-case scenarios. When you are prepared, you will not be caught off guard. When you know you can take care of the needs and requirements of yourself and others, your stress will automatically decrease. Even in case of an emergency, you can stay calm knowing that you have everything you need.

New Hobby

If you are looking for a new hobby or a skill to learn, consider natural remedies and medicine. It is never too late to learn about something new in life. Who knows, as you start learning about this, you might discover you are interested in this topic. It might also prompt you to look at other activities associated with natural medicine, such as growing herbs and medicinal plants at home.

Appreciating the Little Things in Life

Most of us are often so caught up with the daily churn of working or studying that we forget about living altogether. As a prepper, you will learn to appreciate the little things in life. All preppers know they should never take the small things in life for granted, whether it is the uninterrupted power supply or access to fresh and clean drinking water, these are things most don't even think about twice. Well, in emergencies, these things become scarce and valuable resources. As a prepper, you will start appreciating them instead of taking them for granted. It also makes you more conscious about the different lifestyle choices you make.

Reconnect with Nature

Prepping helps you reconnect with nature. This, coupled with learning about natural herbs and medicinal plants, will further strengthen your connection with nature. After all, nature caters to all our needs and requirements. As a prepper, you will not only appreciate nature but reconnect with that as

well. Once you reconnect with nature, you become more environmentally conscious. This means your willingness to make environment-friendly decisions and choices also increases. Apart from all those, you are setting a great example for others to follow.



Better Response

Whenever you are facing a stressful situation or an emergency, the fight or flight response kicks in. This response is essential for survival. That said, it also increases the chances of poor responses and unhelpful reactions. In an emergency, the best thing you can do is stay calm and levelheaded. How can you make good choices if you are panicking and cannot think rationally? As a prepper, your ability to respond to situations also

improves. It not only improves your reaction speed but also ensures you are moving in the right direction.

Chapter 2: Start with Supplies

An important part of becoming a prepper is to gather all the needed supplies. When it comes to storing medicine, the steps involved are not the same as those used to store food or water. You should allocate a specific area to store herbs, medicinal plants, essential oils, and any other supplies needed to make natural medicine. Any area you opt for needs to be dry, cool, and away from direct sunlight, such as the pantry or any other spare room at home. A similarity between medicinal supplies and food is you will need to keep rotating the stock. Most of the items used for this can be obtained using a DIY approach, such as growing the herbs you need, extracting oils, or even making apple cider vinegar at home. Even if something happens to your supplies, the needed ingredients can be easily restocked.

Some other supplies cannot be easily duplicated at home. If you want to create a stock of needed medicine, you must acquire

the required supplies and not wait until the last minute. For instance, you will need to purchase capsules if you want to make them at home. They last for a long time when stored properly. Also, they are inexpensive, which means you can stock up on several years' worth of capsules. Even if the manufacturing or distribution services are disrupted, you'll have the required ingredients to make the medicine needed.

Herbs

If you have harvested fresh herbs, ensure you preserve them right away. There are two ways to preserve herbs, maceration, and drying. To macerate herbs, you need to steep them in a solvent or a menstruum such as vinegar, alcohol, or honey. On the other hand, simply leave the herbs out in the sun and let them dry naturally. You can also dehydrate them using a dehydrator or an oven. Ideally, dried herbs are your best bet.

Whenever you are drying herbs, ensure they are stored properly. If not, mold might form. If you notice any mold, discard the herbs

immediately and start again. If you want to grow, buy, or store herbs, consider the health conditions or problems you want to treat. Depending on the likelihood of their occurrence, the type of herbs you will need will also vary. As you work through the information given in this book, keep a note of different herbs you believe will come in handy. Dried herbs can last for years together, but their potency reduces with age. Dried herbs must always be stored in a dry and cold place away from direct sunlight.

Alcohol

From dulling pain to disinfecting wounds and extracting therapeutic compounds from natural ingredients, alcohol is versatile. For making tinctures, distilled grain alcohol should be your go-to option. Alcohol helps carry the herbal remedy quickly into your bloodstream and is extremely important during emergencies. It helps extract alkaloids, balsams, resins, and other active compounds from plant materials that are not water-soluble. It also increases the shelf life of herbal medicines. There are different types of

alcohol, and they all vary according to their strength. The most common types of alcohol you should stock up on are grain alcohol, vodka, brandy, and wine.

To ensure optimal extraction of active compounds present in plant materials, opt for grain alcohol. Grain alcohol usually has 95% alcohol content and can be used to make tinctures and doubles up as a disinfectant too. Pouring grain alcohol over an open wound effectively disinfects the exposed area, but it is extremely painful. Alcohol is antimicrobial, but it doesn't kill the bacterial spores of certain bacteria. You can use it to disinfect doorknobs or any other surface area where germs collect. Never consume 95% grain alcohol directly. Also, it should not be added to any recipe you will be ingesting.

If you are unable to purchase 95% grain alcohol, your next best option is proof vodka. If you are using vodka, ensure the plant material has wilted considerably before adding it to reduce any excess water content in the final product. It might seem like you will be consuming a lot of alcohol, especially

in the form of alcohol-based tinctures, but that's a misconception. A 1-ounce bottle of tincture is equivalent to the amount of alcohol present within a shot glass. Usually, a 1-ounce bottle has up to 600 drops, and an individual dosage is anywhere between 30-60 drops. This means an individual dosage is 5-10% of an ounce, which is further diluted when the tincture is added to any other liquid. So, you don't have to worry about alcohol consumption while using tinctures.

To make tinctures using vodka, opt for 40% or 50% alcohol content, and it's ideal for all dried herbs. Brandy has about 50% alcohol content, and any tincture made with it is known as an elixir. The alcohol content in wine is much lower and can be used to make mulled wine, which is heated up with a variety of herbs.

Vinegar

Humans have been using vinegar since time immemorial. Leftover wine is used to make vinegar, and it's usually made from cores and peels of apples. While making tinctures,

vinegar can be used as an alcohol substitute, and such tinctures are known as acetum. You can use herbal vinegar for rinsing laundry, washing hair, or even as a medicine. The most common form of vinegar used to make natural medicine is apple cider vinegar. It can also be used to clean surfaces because it contains acetic acid. That said, the vinegar you opt for must have at least 5% acetic acid in it to effectively function as a disinfectant. You can either purchase apple cider vinegar or make it at home.



Glycerin

An ideal menstruum used for natural medicine is glycerin. Under favorable circumstances, it can last for a little over a year. The sweet taste and thick consistency of

it are especially useful to make eardrops and syrups. It can also be added to creams, salves, or lotions because it's soothing to the skin.

Raw Honey

Raw honey is truly nature's gift because it never goes bad. It not only tastes delicious but is commonly used in different natural remedies too. It's excellent to soothe a sore throat and reduce a cough. The helpful enzymes present in it prevent allergies and are used as a base for different herbal remedies. While assembling a natural first aid kit, add a bottle of honey. From soothing burns to preventing infection due to its antibacterial properties, honey is a versatile ingredient. When raw honey encounters moist or wounded tissue, it releases small amounts of hydrogen peroxide that come in handy while administering first aid. It can also be infused with different herbs for wound care, such as yarrow, echinacea, comfrey, and Saint John's wort. It's important to remember raw honey or any other form of raw food should never be given to infants because it increases the risk of botulism.

Beeswax

Beeswax is commonly used for thickening creams and lotions and hardening salves.

Propolis

A natural glue-like substance collected by honeybees from tree buds is known as propolis. The holes and gaps in a hive are filled with propolis. It has antimicrobial properties. A tincture made with it can be used to treat wounds, and it also acts as a natural preservative. When combined with other herbal products, it increases their shelf life.

Mushrooms

Mushrooms are a type of fungus, and different medicinal mushrooms are available. Yes, mushrooms are not just restricted to culinary use but can also be used as medicinal remedies. They are also a powerhouse of nutrients and essential minerals. Adding them to your daily diet is a great way to enrich the overall nourishment your body receives. The most common medicinal mushrooms are

Cordyceps, Turkey tail, reishi, maitake, and shiitake. These mushrooms can be consumed in the form of a liquid extract or even capsules. Mushrooms are believed to strengthen immune functioning, have half anti-cancer properties, and contain a variety of helpful vitamins.

Oils and Fats

It's repeatedly mentioned that herbs can be extracted with oil. You will need different types of oils and fats for making infused oils. These oils can be added to lotions, creams, and salves. Most herbal recipes call for different types of oils, and coconut and olive oil are the best ones. Apart from those, oils obtained from sunflower seeds, pumpkin seeds, and grapeseed also help. Lard and tallow are two other common fats that can be used as a substitute for any exotic fat or oils used in herbal remedies.

Bentonite Clay

This is a helpful ingredient that helps leach toxins out of the skin and gut. It works through a process known as adsorption that is

quite like absorption. The main process during adsorption is the molecules, ions, and atoms in the body or face stick to the surface of the clay instead of being drawn out by it. The adsorption level is directly proportional to the surface space available. There are two types of bentonite clay, and they are calcium and sodium bentonite. Calcium bentonite is a better option for demineralizing, while sodium bentonite helps leach toxins.

Bentonite clay can be used as a remedy to treat the uncomfortable and painful symptoms associated with poison oak, poison ivy, and fungal infections. The clay needs to be mixed with water, stirred until a thin paste is formed, and then applied to the skin. This ingredient is safe for consumption as well. It also comes in handy in case of food poisoning and bee stings. What more? This ingredient doesn't have shelf-life expiry, so add it to your stockpile immediately!

Kaolin Clay

Kaolin clay is popularly known as China clay and is commonly used in facial masks.

Kaolin clay is a key ingredient in Quick bandages used to stop bleeding in case of emergencies. A simple DIY version of a quick clot bandage is to pour kaolin clay directly on the wound. Another wonderful thing about this product is it doesn't have any shelf-life expiry.

Activated Charcoal

Activated charcoal also leaches out toxins, just like bentonite and kaolin clays. The tiny pores present on its surface increase its ability to draw out more toxins. This is quite different from regular charcoal. The term activated refers to the fact this charcoal was specifically created to draw or pull toxins out. Activated charcoal can be used to remove toxins from stings and bites and treat intestinal infections and ingested poisons by sucking them out. It is said that activated charcoal can absorb up to 4000 different types of poisons. Add activated charcoal capsules to your first aid kit.



Salts

Whether you are making salt scrubs or bath salts, you will need Epsom salts. Epsom salts have a high mineral concentration and give your body its daily dose of magnesium. Bath salts can be easily infused with herbs, infused oils, and even essential oils that are released when mixed with warm water. Bath salts can be customized to reduce pain, soothe nerves, relieve flu symptoms, and promote general relaxation. Epsom salt isn't the same as common table salt. So, don't try to craft recipes using table salt when it calls for Epsom salts.

Essential Oils

Essential oils are steadily gaining popularity

in today's world and for all the right reasons. These oils are potent compounds extracted from plants. They are known as oils because the helpful plant compounds are not water-soluble, and the extracts are by no means oily. Essential oils can be inhaled or applied topically when diluted. Inhaling certain essential oils helps support the respiratory system and fights any infections or illnesses associated with it.

Containers

All the above-mentioned ingredients are raw materials needed to make herbal treatments. Once you learn to make the medicine, you will need to store them too. Therefore, you will need different types of containers. The best bet is to opt for glassware. Glassware is not only reusable, but it's the safest option because none of the above-mentioned ingredients can interact with it. It doesn't leach into the herbal formulas you make, and it is not harmful. Use Mason jars or opaque and dark-colored bottles with a rubber bulb to dispense the tinctures and flint jars to store salves, lotions, balms, and creams.

Basic Equipment

You will need basic equipment to make natural medicine at home. Think of the items listed here as a one-time investment. You might already have some of the equipment needed.

Capsules and Capsule Machine

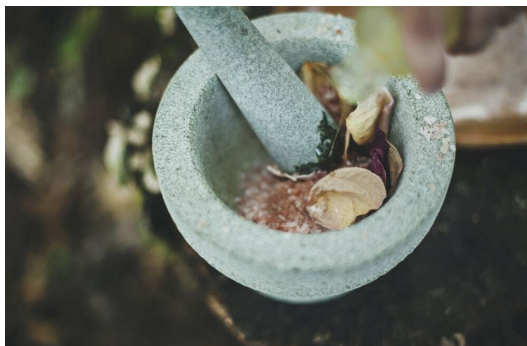
The most convenient means to consume dried herbs, powdered mushrooms, or even activated charcoal is by putting them into medicine capsules. This is not only an easy way to take the natural remedies but effectively masks their unpleasant taste as well. Capsules offer a convenient and cost-effective means to make and preserve natural medicine. You simply need to take the capsule apart, fill it with powder and put it back together again.

For instance, bladderwrack is a nutritious seaweed but has an unpleasant taste and odor. It is rich in iodine, but its odor and flavor mean directly consuming it is difficult. By turning it into a capsule, you can consume it

without worrying about its taste. Apart from the capsule shells, invest in a small capsule machine. This is a simple device that helps fill multiple capsules at once and offers more consistent results. Depending on the size of the capsules you desire to make, select a machine accordingly. You can purchase a capsule-making machine for less than \$20.

Mortar and Pestle

Either a coffee grinder or a mortar and pestle will help turn the desired ingredients into powders. Powdering dried herbs or other ingredients will take a while longer while using a mortar and pestle, but this is a simple instrument, hardly costs anything, and is a traditional herbal tool. You can also use a coffee grinder to do this job. It will take a couple of seconds to powder the ingredient, but the results will not be as fine as those obtained using a mortar and pestle.



Scale

For optimal results, it is best to measure the ingredients you are using. Regardless of whether you are making a lotion or a salve, it's always better to measure. This is where a scale comes in handy. A small scale helps measure a specific amount of fats, beeswax, or anything else along these lines. Ideally, opt for a non-electronic scale that works on batteries. Also, don't forget to keep a stock of batteries on hand.

Blender

Apart from a mortar and pestle, you will also need a blender. Whenever you need to emulsify any liquid, a blender helps. Emulsification is a process where a soluble

liquid is combined with a non-soluble one. This is how lotions are created. You can manually whisk the ingredients required to make a lotion, but the elbow grease required is on the higher side. Simplify this process by investing in an inversion blender.

Funnel

Whenever you need to fill any bottles or containers such as mason jars, using a wide-mouth funnel works. This reduces the chances of any spills, and cleaning also becomes easier.

Strainer

If you have any strainers at home, they will come in handy for making natural remedies and medicine. A classic tea ball mesh strainer or one that looks like a basket that sits on the cup's rim also does the trick. Alternatively, muslin and cheesecloth can also be used as natural strainers.

Labels

One of the most important steps of making herbal remedies or medicine at home is to

label everything. Label the ingredients, the recipes made using them and the date they were made. So, always label the herbal concoctions.

Miscellaneous Items

Apart from all the ingredients, items, and equipment mentioned until now, you will also need basic kitchen essentials such as mixing bowls, spoons, double boilers, measuring spoons and cups, and multiple rubber or silicone spatulas.

Chapter 3: Basic Skills Needed for Survival Medicine

Making natural herbal remedies at home requires a couple of basic skills. Now that you are aware of all the supplies needed to do this, learning these skills is the next step. So, are you wondering what specific skills you need? From learning to make tinctures to salves and tisanes, they are all skills. Once you have gathered the required ingredients, crafting herbal remedies at home will not be difficult.

Tisanes

Any herbal tea specifically brewed for its medicinal benefits is known as a tisane, both words being used interchangeably. That said, there is a slight difference between them. The former is a pleasant beverage, while the latter is specifically made for its therapeutic effects. The plant material used for tisanes can be either fresh or dry. If you are stocking up on dried herbs, store them like you would store

food and regularly rotate the stock as well. Infusion and decoction are the two methods used to make tisanes.

Infusions

The delicate parts of the plant, such as the leaves and flowers, are used to make infusions. The plant parts are steeped in water to make an infusion. To make an infusion, simmer water just short of reaching its boiling point, then steep the herbs in it for up to 15 minutes. Place a lid on the container to ensure essential oils present in the herbs don't evaporate in the form of steam. Usually, one cup of water requires a teaspoon of herb for infusions. If you want it to be stronger, you can increase the quantity to up to one tablespoon of the desired herb per cup of water. You can steep it for anywhere between 15 minutes to overnight.

Alternatively, a French press can also be used for infusion. Place the plant material in the carafe and pour hot water. Place the lid with the plunger on top to prevent evaporation. Once the time is up, simply press down on

the plunger, and the infusion is ready. For single servings, a mesh strainer can be used too.

At times, cold infusions are preferable, especially if you want to extract mucilage from demulcent herbs such as marshmallow root. Any herb that helps reduce inflammation is known as a demulcent herb. The sticky, gooey, and slimy texture of demulcent is due to the mucilage present in it. It lubricates the mucus membranes upon consumption and reduces inflammation.

Decoctions

The tough parts of a plant, such as its roots, seeds, bark, stem, and even dehydrated fruits, are used for decoctions. Unlike an infusion, where evaporation is prevented, evaporation is essential to make a decoction. To make a decoction, two cups of water are needed for each ounce of the plant material. Bring the water combined with plant material to a boil, let it boil for ten minutes, and then simmer it for another 20 minutes. Once the liquid is half the initial quantity, the decoction is

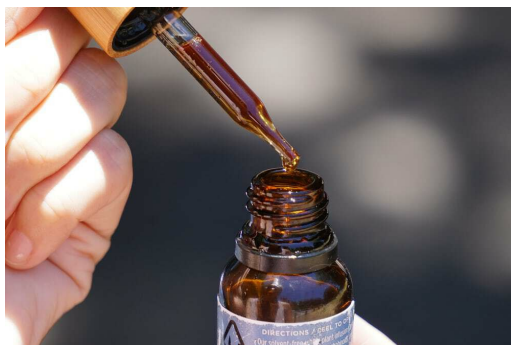
ready. For a thicker decoction, you will need to boil the liquid for a while longer. This results in a double decoction and is commonly used to make syrups.

While making tisanes, whether an infusion or a decoction, the herb ratio is important. You can opt for a single herb or a combination of herbs. The standard formula is to use about 70% of the herb that remedies the primary health problem, about 25% that supports the primary herb, and another 5-10% of the herbs used should strengthen the tonic or increase the anti-inflammatory properties in it.

Tinctures

When herbs are soaked in alcohol, it results in a tincture. You will essentially be macerating the herbs to extract the active chemical compounds present in them. Tinctures are quite simple to make, and if stored properly, they will last for years. That said, the potency of the tincture reduces with age. The body's ability to absorb alcohol is quick, and therefore, tinctures are quick acting. A small percentage of the alcohol

present in the tincture is immediately absorbed into the bloodstream upon ingestion. With that, the plant-based medicinal compounds in it are also absorbed.



You can either use maceration or percolation to make tinctures at home. Percolation is a slightly complicated technique when compared to maceration. In percolation, the powdered herb needs to be packed into a special glass cone. Alcohol then drips through this plant material present in the cone, and the fluid extract is produced. Maceration is quite simple, and you need three things. The herb is the marc, alcohol is the menstruum, and the process of steeping the marc in the menstruum is known as maceration. Alcohol acts as a solvent that

helps extract the chemical compounds present in the plant material. Let the herbs steep in alcohol for up to 6 weeks to ensure all the helpful compounds in it are fully extracted. You can either macerate one herb at a time or a blend of herbs.

Aceta

Herb-infused vinegar is known as acetum, and humans have been distilling it since the Middle Ages. Alcoholic spirits or steamed distilled essential oils were unavailable before distillation was developed. Olive oil, sunflower oil, and other stable oils, vinegar, and wine were commonly used as solvents to extract the helpful chemical compounds present in plant material for making medicine.

Vinegar is also a menstruum. So, if you want to make a tincture, vinegar is a great substitute for alcohol, especially if the plant matter you want to extract is rich in alkaloids. Alkaloids are insoluble in water but are soluble when used with alcohol or vinegar. However, vinegar menstruum's shelf life is

shorter than alcohol. In fact, any herbal vinegar tincture will not last for longer than a year.

One of the best vinegars you can opt for while making tinctures is apple cider vinegar. Apple cider vinegar is incredibly helpful on its own. You can either purchase apple cider vinegar or make it at home. You don't have to worry about any calculations or percentages like alcohol when using vinegar. To ensure optimal extraction of active compounds, make sure the size of the plant material is as small as you possibly can make it. Leaving large pieces of plant material in the mesh strainer is an equally effective alternative to obtain an almost clear liquid.

While making an acetum, the jar needs to be shaken daily until it is ready. You need to wait for six weeks for the acetum to be ready because anything extractable and beneficial in the plant materials will be fully extracted within this period. If you want the acetum to be stronger, strain out the existing plant material and add a fresh batch of it later. Once again, repeat the same process of

shaking the bottle daily and let it rest for 6 weeks or as needed.

Herbal Wines

As mentioned, there were no distilled spirits before distillation was developed during the Middle Ages. That said, herbal wine was commonly used as a natural remedy for most ailments. Wines cannot fully extract the alcohol-soluble compounds present in plants, but it's always better to have a couple of options at your disposal instead of relying on one. Making wine, especially honey-based wine, is easier than distilling spirits.

All you need to do is simply add the herbs during the winemaking process. You can either let the herbs steep in warm wine or strain them out when the wine is ready. This remedy comes in handy during the winter months. Herbal wines can be made within an hour and give your body some much-needed internal heat.

Glycerin and Glycerites

Instead of an alcohol menstruum, you can use

glycerin. This is a sweet-tasting substance, and glycerides are extracted from it. Glycerin is commonly used for its skin-soothing properties. Its sweet taste and pleasant texture make it an ideal addition to any remedy to be administered to children. You can use it for making herbal eardrops as well.

Glycerin can last for years when stored properly in a cool and dark space away from sunlight. Its shelf life also varies depending on its ability to absorb moisture from the air. You can use it along with another menstruum or even on its own. Due to its sweetness, it can be used in syrups. When it comes to better digestion, you need a bitter ingredient to kick-start the digestive process. Dandelion root, milk thistle, and gentian are bitter herbs and are better prepared when combined with alcohol or vinegar instead of glycerin.

Glycerite is prepared pretty much like any other tincture or acetum. Fill the jar with the herbs you want to use and cover them with glycerin. To remove any air bubbles and to ensure glycerin is perfectly mixed with the herbs, run a knife down the sides of the jar.

Let the glycerin stay for up to six weeks, and then strain the herbs. The result is known as a glycerite. The shelf life of glycerites is up to a year.

Oxymels

A sweet and sour blend known as an oxymel is created when honey is mixed with an acetum. The ratio of honey and acetum is entirely up to you. To make an oxymel, start with vinegar infused with herbs. Ensure the herbs infuse for at least two weeks before straining them. Measure the volume of vinegar leftover or the resultant acetum. Usually, vinegar and honey are mixed in a ratio of 2:1. Do not add all the honey in one go. Instead, add it gradually. You can always sweeten the oxymel according to your preferences. Stir the honey and vinegar until they are thoroughly mixed and the oxymel is ready for use!

Syrups

You get herbal syrup when single or double decoctions are mixed with honey, molasses, glycerin, or even simple syrup. Simple syrup

is a mix of sugar dissolved in water. Simple syrups are used as sweeteners, especially in herbal remedies for kids, but it doesn't add any nutritional or medicinal value to the remedy. The shelf life of syrup is shorter when compared with acetum, glycerite, or tincture, but honey might prolong its shelf life. That said, syrup usually goes bad within a month. You can further increase its shelf life by using a double decoction to reduce the total water content in the syrup. Syrups can be made with cold infusions too. For instance, elderberry syrup is an age-old remedy for colds, especially during the flu season.



Elixirs

When herbs are macerated in either brandy or

honey, the result is known as an elixir. The combination of these ingredients generally gives a good shelf life. Elixirs also taste much better than herbal remedies made with vodka or alcohol extracted herbs. Apart from this, they are quicker acting than syrups. You can consume an elixir-like syrup, but they are not the same.

You will be macerating herbs instead of creating a decoction to make elixirs. There's no water present in elixirs and making them can take anywhere between 2-6 weeks. On the other hand, syrups can be made within an hour. The alcohol content in syrup is less when compared to an elixir. A violent fit of cough brought on by a condition such as bronchitis can be treated with elixirs. The alcohol present in it temporarily calms the cough while numbing a sore throat. That said, you must pay attention to the total amount of alcohol content because consuming too much of it can suppress the immune response. If you want to avoid alcohol altogether, opt for an oxymel instead of an elixir.

Infused Honey

Honey is a wonderful natural remedy for a variety of conditions. It has antibacterial properties, calms inflammation, and helps heal wounds. Making infused honey is incredibly simple. A wonderful thing about honey infusions is their shelf life is quite long. Remember, natural honey never goes bad. To make an infusion, pack a jar or any other container of your choice with plant material. Pour honey over it and let it sit in the jar for up to six weeks. Honey is a viscous liquid, and straining the herbs is a slightly tricky process. Use a large mesh strainer to gather the infused honey.

Honey might not go bad, but sooner or later, it crystallizes. You simply need to warm the honey to remove any crystals. Pop the honey jar into a Ziplock bag and place it in warm water for a while. Remember, you should never expose honey to direct heat because it destroys the helpful compounds present within. You can also add a little bit of glycerin to the final product or infused honey to prevent crystallization. Honey should be something that all preppers should have in

their trauma or first aid kit. It can also be added to any personal care product of your choice.

Electuaries

Electuaries are created by mixing honey with powdered herbs. They can have a liquid-like consistency or even be dry enough to be shaped into pastilles. Making electuaries is incredibly simple. The herbs used will vary according to the purpose you have in mind. Also, the herbs need to be used in their powdered form. Take a jar and fill it with the powdered herb or combination of herbs. Add honey to it and stir well. Depending on the consistency you are looking for, add more herbs or honey.

Powders

If you don't mind a little elbow grease and are patient, the traditional method of powdering herbs is to use a mortar and pestle. If this sounds like too much of an effort, you can powder the herbs using a coffee grinder as well. Turning the herbs into a fine powder is easier said than done. Regardless of the tools

or equipment used, you will end up with slightly granulated powder. Run this through a fine sieve, and you will be left with a smooth and fine powder. Only a flour mill can produce fine powders like flour used for baking.

Don't powder the herbs and store them because they will start breaking down. So, powder the herbs right before using them. Powdered herbs can also be turned into capsules. On the other hand, certain powders can be stored for later and used topically, such as a wound powder or dusting powder. You can use powders to make tinctures too, but straining the mixture is not easy. Also, encapsulation is a better method for consuming powders, especially if the herbs are bitter or have an unpleasant taste. After filling the capsule casings with the herb mixture of your choice, store them in a cold, dry, and dark place away from direct sunlight.

Pastilles

Pastilles are essentially lozenges that are

quite simple and easy to make. To make pastilles, powdered herbs are mixed with some form of liquid. Once you mix both ingredients together just like you would make an electuary, let the pastilles out to dry for a couple of weeks. Depending on the recipe you are using, the ratio of powder and liquid will differ. While making pastilles, you must pay attention to the texture. The ingredients mixed should result in a mixture that can be shaped into pastilles. The best way to ensure this is by adding the powder of a mucilaginous herb such as slippery elm or marshmallow root. Depending on the purpose the pastilles will be used, the combination of herbs will vary. Similarly, you have different options to choose from for the liquid portion of the pastilles as well. You can use decoctions, cold infusions, tisanes, or even infused honey to mix with the dried herbs.

Poultice

Applying moistened herbs topically to a specific area or an injury to promote recovery and reduce pain is known as a poultice. If you are trying to soothe lower back pain or ease-

contracted muscles, warm the poultice slightly before application. You can also use it cold in case of treating inflammation or sprains. Making a poultice is simple. Start by taking some water, add the required herbal powders, and warm it until a paste is formed. The infused water will become clumpy. You can either use it directly or allow it to cool down depending on the purpose.

Infused Oils

Any liquid fat infused with a single or a combination of herbs is known as infused oil. This process is quite like the infusion you were introduced to in the previous section. You need to let the herb steep in the oil for maceration. Once it is macerated, the infusion is ready. You can make cold or warm infusions at home. Let's look at both these processes.



Fill a jar with the dried herb of your choice and pour oil until it reaches the top of the jar. You simply need to leave the herbs in the oil until they are thoroughly macerated. If you are using fresh herbs, let them wilt slightly to ensure the water content in them has evaporated. Water can quickly spoil the infusion, and therefore, it is always recommended that you use dried herbs. Don't forget to run a knife or any other flat utensil along the side of the jar to remove air bubbles. If needed, you can always add additional oil if the content reduces. Allow this to macerate in a cold and dark spot away from direct sunlight for 2-6 weeks. Meanwhile, you will need to gently shake the jar daily to ensure its contents are fine. This is how cold infusions are created.

The process of infusing herbs into oil can be quickened by exposing it to low heat. This is one of the reasons why warm infusion works incredibly well. While making a warm infusion, the idea is to increase the temperature of the oil gradually without cooking it. Place the plant material in a slow cooker, ensure it is covered with oil, and turn the setting to warm. In a slow cooker, you have the option of using just the warm setting. If you set it too high, the herbs will get fried in the oil their medicinal benefits will be destroyed. You can also use a double boiler method to heat the oil infusion indirectly instead of using a slow cooker.

Once again, making the infusion itself is going to take up to two weeks. Allow the herbs to soak in the warm oil for up to two hours, and later, let them macerate for two weeks. The ideal oils for infusion are olive oil and coconut oil. You can also use grapeseed oil, especially if the infused oil is for topical application.

Salves

Salves are also known as balms and ointments. They are for topical application and are made using wax and oil. Making salves is quite a simple process. Start by warming olive or coconut oil, add melted beeswax into it, and the result will be quite like petroleum jelly. Salves are essentially skin protectants and create a barrier between your skin and elements. One of the most used salves is a lip balm! Yes, the regular lip balm you use is a hardened salve. Depending on the ratio of wax used, the salve will be soft or hard. Whenever you are purchasing beeswax, you can opt for pastilles or solid bars. It's better to opt for pastilles because they are already cut into small sizes, and you don't have to bother with cutting and shaving the beeswax bars.

For making salves at home, you simply need to use an infused oil of your choice and add beeswax to it. Use a double boiler to do this, and once the oil and wax mixture has cooled down, simply transfer them into jars or tins for storage. If you add any essential oils, ensure the mixture has reached room

temperature before adding the oil. If essential oils are added when the mixture is hot, it can destroy the helpful compounds.

Lotions and Creams

The skin's ability to absorb creams and lotions is better when compared to a salve. That said, making them at home is trickier than salves because lotions and creams include water. The water component is the reason why skin can absorb it easily. That said, the one obstacle you need to overcome is to ensure oil and water mix properly even without any emulsifier. This concept is applicable while making mayonnaise as well. The lectin in egg yolk acts as an emulsifier. Egg yolks can technically be used for making lotions and creams, but their shelf life will be incredibly short.

These days, you can easily get your hands on different emulsifiers. The most common one is known as emulsifying wax, a vegetable-based wax. It is believed to be a natural product but is highly processed. Don't be under the misconception that you can make

emulsifying wax at home. You can look for natural emulsifiers too. Stay away from beeswax because it is a hardener and a thickener but not an emulsifier. It does a half-decent job of combining water and oil, but the results will not be as satisfactory as when a proper emulsifier is used.

The most common emulsifiers used to make creams and lotions are a combination of beeswax and Borax. Alternatively, gum acacia and lanolin can be used as well. To make lotion or cream, you usually need some solid fat and liquid oil. The most used fats are shea, cocoa, mango, and other tropical nut butter. Alternatively, even lard (fat derived from pigs) can be used as well. Lard has a distinctive smell, but you can easily cover it by using aromatic herbs.

Once you have the ingredients, the process of making a lotion or a cream is easy. You need infused oil, an emulsifier, and tisane. Place all the ingredients in a double boiler. Before doing this, ensure the ingredients are at the same temperature. You don't have to heat herbs or oils more than necessary. Additional

ingredients you can use are solid fat and any hardener of your choice, such as beeswax. Blend or whisk the ingredients until an emulsion is formed. Once the cream or lotion is ready, you simply need to transfer it into a storage container or tin.

Chapter 4: Medicinal Plants, Herbs, Essential Oils, and Remedies Every Survivalist Must Know

Now that you are aware of all the different supplies you will need and the basic skills required, you need to start learning about different wild medicinal plants, herbs, and even essential oils that will come in handy. Nature has given us a bounty of medicinal plants, and all you need to do is understand their healing properties and applications.

An important part of becoming a prepper is to create a reference guide. *Materia medica* is the Latin term for a detailed guide of natural ingredients and their therapeutic and healing properties. To create natural remedies, you need to be aware of the ingredients' properties, how to prepare them, and any precautions that need to be taken. Without all this information, the chances of making mistakes increase.

There are no standard recommendations or hard and fast rules about the dosage of herbal medicine. When you start using natural medicine and your experience increases, you might realize a lower dose is effective over a long-prolonged period than a higher dose. You might also notice you have a greater tolerance towards a specific medicine while others need an incredibly small dose to achieve the same effect.

In this chapter, you will be introduced to a variety of medicinal plants and herbs all preppers must know.

American Skullcap

The scientific name of the American skullcap is *Scutellaria lateriflora*. This is what most people refer to whenever they talk about skullcaps. This plant can be used both in its fresh and dried forms. Only the aerial parts of the American skullcap are helpful. This ingredient is believed to have antispasmodic and hypotensive properties as a nervine tonic and is an excellent sedative too. The best preparations for this plant are tisane, fresh

tincture, and dried tincture.



The American skullcap helps reduce anxiety and tension and is a great way to tackle insomnia. If sleeplessness is triggered by mental stress or any physical discomfort, use this herb. Making a relaxing tisane using this herb and consuming it 20 minutes before going to sleep is the best way to go about it. Even if it doesn't taste that good, it will reduce your anxiety. This herb can also be used to break free of harmful habits and addictions, especially ones triggered by stress, such as smoking, drinking alcohol, or munching on junk food.

Whether you use it as a tincture or a tisane, it reduces the urge to give in to harmful habits. From tremors, twitching, and spasms to petit

mal seizures, the antispasmodic properties of the skullcap are helpful.

The dosage of this herb varies from one individual to another. Ideally, the lowest standard dose you can take is 30 drops of tincture. You can start from there and adjust it according to your needs and requirements. Taking too much of it can cause excessive drowsiness and intensifies the overall effect of other sedatives too. It can also result in loss of concentration.

Arnica

Arnica Montana, *Arnica cordifolia*, and *Arnica chamissonis* are all known as arnica plants. Aerial parts of the plant, especially the flowers, are used and not the leaves because the latter is not as potent. This plant is believed to have antibacterial, anti-fungal, and anti-inflammatory properties. It also acts as an anti-ecchymosis property.

This can be used as a fresh herb or as an infused oil. It is only suited for topical application over any affected portion of skin or the affected area. This is commonly used

to reduce any traumatic injury under the skin, such as sprains, muscle spasms, pulled muscles, or even bruises. Products ideal for topical application made with arnica are lotions, liniments, and salves. Tinctures made with it can be used to treat fungal and bacterial infections. It can also be used to reduce joint aches and pains caused by arthritis and other similar conditions.

Never use this on broken skin. It is also not suitable for pregnant women.

Astragalus

Two plants belonging to the astragalus family are *Astragalus propinquus* and *Astragalus membranaceus*. Only the roots of the *Astragalus* plant are used in remedies, and it offers a variety of health benefits. It is an adaptogen, has anti-diabetic and anti-cancer properties; , and is also an antioxidant with anti-inflammatory and nephroprotective properties. Apart from all this, it is hypotensive, antiviral, and is an immunostimulant. It is believed to strengthen the functioning of the immune system.

This can be used as a dried tincture or even turned into a decoction. You can consume one cup of decoction 2-3 times a day or stick to 30-60 drops of tincture daily. This is commonly used with a variety of other herbs to strengthen and improve the functioning of the immune system. In traditional Chinese medicine, this ingredient is believed to support and promote the health of the heart, liver, and kidneys. This herb can be easily incorporated into different recipes because of its mild taste. It can also be added to savory soups and broths.

Even though it has anti-inflammatory properties, it should never be used if you have a high fever, or any other infection triggered by inflammation. It is advised against using this herb during an acute infection or for those with autoimmune disorders.

Berberine

Berberine is not a plant or an herb in itself. Rather it is an alkaloid that's commonly found in a variety of herbs. Common plants

containing this helpful alkaloid are barberry, coptis, algerita, oregon grape root, and amur cork tree. In most cases, berberine can be easily harvested from these plants' branches, roots, and inner bark. The plant materials containing this alkaloid can be added to fresh or dried to hot water to be infused or even turned into a decoction.

Berberine is believed to restore and improve the health of the mucus membrane, regulate inflammation, have antibiotic and anti-fungal properties, and is also known for its anti-diabetic properties. Its anti-steatosis effect supports liver health, reduces the concentration of harmful lipids or fats in the blood, and is also used for healing wounds. Metabolic and antibiotic applications of this alkaloid cannot be ignored. The general properties of plants containing berberine vary from one to another, but they are all used quite similarly. The usual dosage of this alkaloid is about 30-60 drops in the form of a tincture taken up to three times daily. When used as an antibiotic, split the tincture into 6 daily doses.

The metabolic application of berberine is believed to stabilize blood sugar levels, reduce inflammation caused by fatty liver, improve cholesterol levels, and reduce harmful triglycerides. In addition, it strengthens the functioning of the gut while tackling obesity. Unlike other antibiotics, berberine doesn't harm helpful gut bacteria. That said, it does not efficiently pass through the gastrointestinal tract to enter the bloodstream. So, it is not a systemic antibiotic but a local one. This means it can be used for eyewash, spray for strep throat, douches for vaginal infections, or even as a compress for conjunctivitis and other strains of bacteria. This is not ideal for pregnant women.

Bilberry

The scientific name of bilberry is *Vaccinium myrtillus*, and only the leaves and fruits of this plant are used. These berries are rich in antioxidants, have anti-inflammatory properties, act as an astringent, and have vasoprotective effects. Vaso-protective drugs are medicines that reduce the risk or prevent

conditions harming the blood vessels. Dried tinctures can be made with bilberries, while the fruits can be used in their fresh, fermented, or even dried forms. Ideally, you can consume anywhere between 30-60 drops of tincture made with it and take it in 3-6 doses daily.



These berries are commonly confused with blueberries due to their color. From fighting urinary tract infections to improving your vision, these benefits are associated with the vasoprotective effect of bilberries. Any health condition or disease that interferes with circulation or results in poor circulation can be remedied by using bilberries.

Black Cohosh

Black cohosh is a perennial plant native to North America and is a member of the buttercup family. This herb is also known as rattle weed or snakeroot, while its scientific names are *Actaea racemosa* or *Cimicifuga racemosa*. The herbs of the plant are used in fresh or dried forms. It's believed to help establish hormonal balance, has anti-cancer properties, and acts as a painkiller as well due to its antispasmodic and antirheumatic properties. You can make several concoctions using this ingredient. If you make a decoction, it can be consumed 2-3 times daily. Topically infused oil can be used to relieve muscle spasms, or a tincture of 30-60 drops can be consumed 3-4 times daily.

This is also known as a menopausal herb because it reduces uncomfortable cramps as well as mood swings associated with menstruation. During menopause, it can be used to reduce hot flashes as well as loss of bone density. Its estrogen-like effects are associated with the above-mentioned benefits. This is also another reason why it is believed to improve female fertility and

reduces the risk of miscarriage.

Black cohosh is known to mimic the functioning of estrogen and reduces the proliferation of breast cancer cells. It also has a similar effect on the cells causing prostate cancer. This plant also acts as an incredible pain reliever for cramps, pain caused by muscle spasms, tendonitis, and rheumatoid arthritis. It's also used for treating tinnitus.

Burdock

The scientific name of burdock is *Arctium lappa*. The root of this plant can be used in its fresh or dried forms. The different preparations that can be made using burdock are fresh tincture, dried tincture, and decoction. It's believed to have anti-fungal, anti-cancer, and antibacterial properties. It's a depurative herb and has detoxifying effects on the body. It reduces or prevents liver damage due to its hepatoprotective properties.

You can consume 2-3 cups of burdock decoction daily or use 30-60 drops of tincture. It is a depurative or blood cleanser that helps reduce metabolic waste present in

the body. In a way, it keeps your body clean it promotes better functioning of the liver.

It can be added to a blend of herbs known as digestive bitters that promote the functioning of the liver. They stimulate liver functioning and improve its ability to get rid of toxins present within to keep it functioning effectively and efficiently, thereby reducing any skin troubles such as eczema, psoriasis, and acne. These herbs are known to remove impurities from the body, sometimes resulting in acute acne flare-ups. Avoid using burdock during pregnancy. If you consume burdock in any form, make sure you consume plenty of fluids.

Calendula

The scientific name of this plant is *Calendula officinalis*, and only the flowers of this plant are used. The flowers can be turned into dried or fresh tinctures, infused oils, and even tisanes. This is known to have anti-inflammatory and anti-fungal properties. Calendula is a vulnerary that promotes the healing of wounds and precipitation.

A tincture or a tisane made with calendula can be used to treat any oral ailments, including the throat. To treat mouth sores or a sore throat, using a mouthwash infused with calendula helps. It can also be used in compresses to control fever and soothe conjunctivitis. Calendula extracts are commonly used for their skin protective properties. They are an excellent addition to any anti-fungal creams, especially those used for diaper rash. It can be used in salves to treat scratches, burns, scrapes, and even insect bites. To promote the healing of wounds, calendula tincture can be directly applied to the affected area.

California Poppy

The scientific name of the California poppy is *Eschscholzia californica*, and only the flowers of this plant are used. It acts as a sedative and has analgesic, anxiolytics, and antispasmodic properties. It can be used in the form of a fresh tincture or a brewed tisane using dried flowers. You can consume 2-3 cups of tisane or 15-25 drops of tincture taken up to 3 times daily.

The California poppy isn't as potent as the poppy used for making opium, but it still has effective medicinal uses. You can either use it by itself or blend it with other herbs to relieve pain and soothe anxiety. A tincture made with California poppy reduces physical pain by dulling the sensation of pain. It also promotes better sleep when insomnia is caused by pain. From soothing muscle tissues to relaxing joint pains, it is an effective painkiller.

Avoid using this ingredient if you are pregnant or nursing. It isn't ideal for anyone younger than 7 years. It is not a substitute for prescribed medicine to deal with anxiety or depression.

Cayenne

The scientific name of cayenne pepper is *Capsicum annum*, and its ripe red peppers can be used in fresh and dried forms. It is known to have antibacterial, anti-fungal, and analgesic properties. It aids in weight loss, is filled with antioxidants, and has antispasmodic properties too. It acts as a peripheral circulatory stimulant and promotes

dilation of blood vessels (vasodilator). Cayenne can be used to make fresh and dried tinctures, infused oils or can be taken in the form of capsules. The dosage varies according to individual tolerance.



This is a versatile natural remedy. When applied topically in the form of salves or infused oils, it is known to soothe muscle pains and joint aches. Capsaicin is the active ingredient in cayenne and dulls the sensation of pain. This is a leading reason why the topical application of cayenne helps soothe sciatica, lower back pain, pain caused by pinched nerves, tendinitis arthritis, and even fibromyalgia.

As mentioned, it promotes better circulation to extremities when consumed or applied

topically because of its rubefacient properties. It promotes the healing of wounds by promoting the circulation of blood and oxygen to the affected areas. It acts as a natural blood thinner because of its vasodilator properties. If you have any preexisting conditions that prohibit the use of blood thinner, be cautious while using cayenne.

Applying cayenne tinctures to wounds promotes better healing and stops bleeding. While using cayenne, keep it away from the eyes and mucous membranes. Always use gloves when handling cayenne and be careful not to touch your face, especially your eyes. It also has immune-boosting properties, so use it during the cold or flu season. It is rich in antioxidants. Its anti-inflammatory properties make it an excellent decongestant and reduce nasal inflammation too.

Ensure that you don't administer cayenne to anyone who is hypothermic. If the body temperature is less than 95°F, reducing internal heat results in complications. Provided that a person's body temperature is

normal, cayenne can be used to promote better blood flow to the extremities.

Chinese Skullcap

The scientific name of the Chinese skullcap is *Scutellaria baicalensis*, and the root is the only part of the plant that's used. Dried tinctures are made with this root, and about 30-60 drops of this tincture can be used every 3-4 hours. The recommended dosage can be doubled in acute conditions.

The flowers produced by this plant have helpful antibacterial and antiviral properties and make a beautiful addition to any home garden. Apart from this, it is a natural anti-inflammatory compound, is a diuretic, and tackles diarrhea. It also has neuroprotective effects. The most common infections Chinese skullcap is used for include measles, candida, chlamydia, hepatitis A, influenza, E. coli, Epstein Barr virus, streptococcus, Staphylococcus strains, cholera causing pathogens, and meningitis.

It is known to reduce inflammation and helps protect the central nervous system. It is also

an incredible source of melatonin that comes in handy during stressful times associated with emergencies. Melatonin helps to calm the brain, promotes better sleep, and improves immune function combat.

Chaste Tree

The scientific name of the chaste tree is *Vitex agnus-castus*, and only its dried berries are used. So, only a dried tincture using alcohol can be made using its berries. It acts as a dopamine agonist, inhibits prolactin, and is a known galactagogue. This ingredient was traditionally used for normalizing menstrual cycles in women, especially for correcting any irregularities. It helps regulate the monthly hormones and, in turn, normalizes the monthly cycle. This is of immense importance for treating polycystic ovarian syndrome (PCOS). It can also be used for reducing premenstrual symptoms while improving female fertility. Since it is a known galactagogue, it also enhances milk production postpartum.

It is believed that the ingredients in the chaste

tree send chemical messengers from the brain to the ovaries to stabilize hormonal imbalances, especially in the case of overactive estrogen or underactive progesterone production. The chaste tree acts in a way that is similar to dopamine in the body. It is a known prolactin inhibitor, which is the same function that dopamine performs. High levels of prolactin can be caused due to stress or excess production of progesterone. When the prolactin levels reduce, progesterone production increases

The tincture can be used 1-3 times daily, and up to 30-60 drops can be used. For delayed menstruation, take this tincture thrice a day and once a day for establishing a normal cycle. Depending on any other existing conditions, the dosage will vary.

Cleavers

The scientific name of cleavers is *Galium aparine*, and only the aerial parts of the plant are used. It acts as an astringent and is a natural diuretic. It has depurative and hypertensive effects and is used as a

lymphatic tonic. Galium can be prepared as fresh and dried tinctures, preserved juice, cold infusion, poultice, and infused oil. The dosage for cold fusion is 2-3 cups, or 30-60 drops of the dried tincture can be taken 3-4 times daily.

It is commonly known as a detoxing tonic to promote internal cleansing, reduce metabolic waste, and tackle inflammation. It also reduces symptoms of urinary tract infections and relieves internal swelling of the glands. The water content of this plant is about 90% and drying it out takes a while. Exposing it to heat will destroy its properties, and therefore, letting it dry naturally is the best option.



Unlike other herbs, it's better to make a

tincture using dried plant material than fresh ones. Using fresh plant material increases the water content in the tincture and reduces its overall effectiveness. The juice from the freshly crushed plant can soothe skin problems. Making a poultice out of it helps reduce skin troubles caused by burns and scrapes, insect bites, and skin irritation associated with poison oak or ivy.

Codonopsis or Dangsehn

The scientific name of codonopsis is *Codonopsis pilosula*. The roots of this plant are incredibly helpful but only when the plant is at least two years old. Fresh and dried tinctures along with decoction can be made using the roots. This root is believed to have anti-inflammatory properties, is adaptogenic, and acts as an analgesic. It is also hypertensive, demulcent, and expectorant. The decoction can be consumed 2-3 times daily, while the tincture can be used 3-4 times daily up to 30-60 drops.

This is commonly used as a substitute for Chinese ginseng and is also known as poor

man's ginseng. Anyone who feels tired, weak, or is recovering from illness or injury will benefit from using this herb because it acts as a stimulant and increases energy and vitality. It is also believed to promote weight gain to a certain extent by encouraging appetite.

It is also believed to strengthen the functioning of the immune system, restores internal homeostasis, and is used to relieve chronic lung complaints such as asthma or bronchitis. It can be used to prevent as well as a remedy and attack acute asthma. Apart from that, it is used to relieve soreness in muscles as well as headaches and migraines.

Comfrey

The scientific name of comfrey is *Symphytum officinale*, and the leaves and roots of this plant are used. It is also known as boneset, bruise wort, and knit-one. The dried leaves can be used to make infused oils, tisane, and poultice. It acts as an analgesic, demulcent, expectorant, vulnerary, and even astringent. It can be applied topically and consumed in the form of cold-infused tisane.

It's commonly used for its ability to heal wounds. It can be added to salves for treating blisters, bruises, scrapes, and bug bites, while a poultice made from it is used to heal sprains and fractures. It also helps ease lower back pain, promote bone health, and heal ligaments.

While using comfrey, it is important to ensure you are not breastfeeding or pregnant. Also, it's not ideal for long-term use, and anyone with liver diseases should stay away from it.

Cramp Bark

The scientific name of cramp bark is *Viburnum opulus*, and as the name suggests, only the bark is used. It's believed to have antispasmodic astringent, anti-inflammatory properties. A strong decoction can be brewed using it, or it can be used in the form of a dried tincture. Up to 30-90 drops of it can be consumed 3-4 times daily in the form of tincture, or 3-4 cups of the decoction can be consumed.

It's known as cramp bark because it is commonly used for treating muscle spasms

and cramps, especially ones associated with menstruation. Excessive bleeding during menstruation can also be reduced using cramp bark. When mixed with other herbs, it reduces cramping and bleeding during pregnancy. Any muscle spasm can be treated using cramp bark, not just the ones associated with the uterus. You can use it to reduce coughing caused by bronchitis and even relieve them. The pain-relieving properties in this ingredient are associated with the antispasmodic phytochemicals called scopoletin and aesculetin. Salicin is a natural version of acetylsalicylic acid (found in aspirin).

Dandelion

The scientific name of dandelion is *Taraxacum officinale*. The fresh leaves, flowers, roots, and dried roots of the dandelion plant, are used to make natural medicine. The entire plant or its root can be used for making a fresh tincture, while the dried root can be used for making a dried tincture, fresh flowers for making tisane-infused wine, and infused oil. Apart from

this, the fresh leaves of the dandelion plant can be added to soups and salads. You can consume the tisane 2-3 times daily up to 30-60 drops. Consume dandelion-infused wine in moderation, whereas you're free to eat the leaves as much as you want.



Dandelion is a bitter tonic and acts as a natural diuretic. It is believed to promote digestion, wraps off the production of bile by the liver, and stimulates the digestive system. Bile plays an important role in the efficient absorption of nutrients and fats and the elimination of toxins from the body. Because of its diuretic properties, ensure that you consume plenty of electrolytes to prevent dehydration while consuming dandelion. Digestive bitters such as dandelion help

promote hormonal balance, reduce skin problems, tackle fatty liver disease, and reduce the symptoms of urinary tract infections. However, this is not ideal for anyone with inflammatory bowel conditions or any problems affecting the gallbladder.

Echinacea

There are two varieties of echinacea, and they are *Angustifolia* and *Purpurea*. The root of the former is used, while the aerial parts of the latter are used to make home remedies. It acts as an immunostimulant, vulnerary, anti-inflammatory, analgesic, and even an antibiotic. Fresh and dried tinctures can be made with *Angustifolia*, while *echinacea purpurea* can be turned into juice or preserved in the form of powder. For topical application, 30-60 drops of the root or seeds tincture can be used daily.

Echinacea can do so much more than just act as a remedy to prevent cold and flu. It helps stimulate immune response and ensures it works effectively and efficiently. Along with proper rest and recuperation, using echinacea

will promote quicker recovery without overburdening the immune system. The ideal way to use this herb is by taking it sublingually. Placing it under your tongue to dissolve is the quickest way to ensure the herb and its active compounds are directly absorbed into the bloodstream.

Echinacea tincture can also be used for topically treating venomous bites. Additionally, it reduces the sensation of pain when used on wounds as it has antibacterial properties that act as a numbing agent and promote internal healing. Echinacea is also used as a remedy for sore throat and topical application in the form of powders or tinctures.

As mentioned, this plant is an immunostimulant, and anyone with autoimmune disorders should use echinacea with extreme caution and care. Also, if you have a known allergy to ragweed, chances are you have a similar reaction to echinacea too. You should leave this decision up to a certified medical practitioner instead of taking a call by yourself.

Elder

The scientific name of the elder tree is *Sambucus nigra Canadensis*. The berries and flowers are commonly used. Berries can be used to make dried tinctures, while flowers are ideal for both dried and fresh tinctures. You can have one teaspoon of syrup made with elderflower once a day and 30-60 drops in the form of a tincture.

The flowers and the berries of the elder plant provide effective protection against different strains of bacteria. They are also believed to fight the flu. The Elderberry and its flowers work more effectively and efficiently when consumed together instead of separately. Even though it is not a remedy for the common cold that is usually caused by rhinovirus, elderberries and flowers are immunostimulants. It means they strengthen the immune response and ensure your body can effectively fight foreign pathogens.

Tinctures made with the root and leaves of this plant have anti-fungal properties and can be used topically. Syrup made with

elderberries with a honey base can be used as a remedy for respiratory issues. This is ideal for children who usually struggle to take other medicines. The uncooked leaves and roots of this plant are emetic to a certain extent, and it means they can induce vomiting. However, this is not the same as being poisonous. In case of food poisoning or any other poisoning, emetics are commonly used for inducing vomiting to expel the toxins from your body.

Elecampane

The scientific name of elecampane is *Inula helenium*, and only the root of this plant is used. It's believed to act as a diuretic expectorant and a demulcent. Apart from that, it also has anti-microbial properties. It can be used in almost all types of natural medicine preparations, from fresh and dried tincture to cold infusion, syrup, decoction, and honey infusions. You can consume 30-60 drops of tincture made with elecampane root to relieve cough, tightness in the chest, breathing difficulties, and even parasitic worms present within. An alcohol-based tincture helps

obtain the microbial properties present in the active compounds in the roots. Even though it is better without, it can be easily sweetened with honey. A combination of these ingredients makes for a brilliant remedy to soothe a sore throat.



It can be used to remedy shortness of breath, asthma, and whooping cough because it is an expectorant. Anyone who is pregnant or breastfeeding should not use an elecampane. Also, this is not ideal for kids who are less than a year old.

Garlic

The scientific name of garlic is *Allium sativum*. The bulb of the garlic plant is commonly used. It has antibacterial,

choleretic, hypertensive, immunostimulant, and diaphoretic properties. It is also a vasodilator with vulnerary effects. Raw cloves can be used in cooking, for brewing a decoction, making syrup, infused in oil, and fresh tinctures. You can consume 30-60 drops of this tincture 3-four times daily. Because of its strong, pungent flavor, the amount of garlic used in decoctions or other remedies should be to your taste.

Circulatory, respiratory, and immune systems will benefit from garlic. It's also believed to reduce the risk of certain types of cancer and as a natural antibiotic. During World War II, garlic juice was applied topically to prevent the worsening of wounds or to stop sepsis. When garlic is consumed, it strengthens the immune system's response to aid in the prevention of infections. It is used as a household remedy to treat respiratory infections as well. Whether you add it to your diet, consume it as a decoction syrup or take it in powdered form, it gets the work done. Garlic also promotes your body's ability to detoxify itself from the inside and is known

to reduce fevers.

Garlic reduces stress on the liver and enables it to perform its job well. Garlic helps the expansion of blood vessels and reduces blood pressure. So, it promotes circulatory health. It also prevents the hardening of arteries that result in coronary blockages. This heart-healthy herb also makes food taste better. You can eat it raw, fermented, cooked, or in the form of any tincture. There is no maximum dosage other than the limit of your taste buds. Oil infused with garlic can be used to treat ear infections as well.

Ginger

The scientific name of ginger is *Zingiber officinale*, and its root or rhizome is used in different medicinal remedies. Ginger has various health benefits, including acting as an analgesic, an immunostimulant, circulatory stimulant, vasodilator, and has antispasmodic properties. Apart from this, it is rich in antioxidants and has anti-inflammatory properties too. Ginger is a natural antibacterial and anti-fungal remedy. Ginger

can be used in fresh tinctures, can be infused with honey, turned into a decoction or syrup, and even preserved as a juice. You can take as much ginger as needed according to your personal taste and preferences.

This is one natural medicine all preppers should store. A wonderful thing about ginger is it can be stored in its dried form as well. From treating gastrointestinal troubles to viral respiratory infections and relieving pain, ginger is a multipurpose herb. Ginger can be used topically for reducing inflammation associated with swollen joints. It also reduces cramping caused by food allergies. Ginger is also believed to reduce the symptoms of the common cold and flu. Whether it is stomach cramps, nausea, or diarrhea, ginger soothes gastric distress. This is also used as a home remedy to treat morning sickness in pregnant women.

Goldenrod

The scientific name of goldenrod is *Solidago canadensis*, and the flowers and leaves of this plant are used. This plant has anti-

inflammatory, anti-allergenic, diuretic, and diaphoretic properties. It also acts as an expectorant and analgesic. The flowers and leaves of this plant can be used to make fresh and dried tinctures and cold infusions. You can also make an infused oil, regular tisane, acetum, and elixir. In the form of acetum, tincture, and elixir, you can consume anywhere between 30-60 drops daily, whereas 2-3 cups of cold infusion or tisane are ideal for any consumption.

While foraging for goldenrod, ensure you are not getting it mixed with ragweed. Unfortunately, these plants tend to grow together. The common reason why most mistake goldenrod for ragweed is because ragweed allergies are in full swing by the time goldenrod has bloomed. Therefore, many believe goldenrod is the reason for allergic symptoms known as hay fever. Goldenrod can be used to treat allergic rhinitis, hay fever, urinary tract infections, kidney troubles, and bladder infections. It is trophorestorative for the kidney's functioning. It can also be used to treat lower back pain

and the of the feet. This is one of the reasons why adding goldenrod to massage creams and salves is a wonderful idea. It helps relax sore and achy joints and muscles, especially associated with arthritis.

Grindelia

There are two species of grindelia you can use, and they are Robusta and Squarrosa. Only the flowers and leaves of these plants are used. It acts as an expectorant sedative and has antipruritic properties. The dried leaves and flowers can be used to create dried tinctures. You can consume 30-60 drops of the tincture daily.

Grindelia is used as an expectorant to treat chronic bronchitis, whooping cough, asthma, and emphysema. It might not help relieve an asthmatic attack but can be used as an ongoing treatment to prevent the attack from happening in the first place. It is also an ideal remedy for different types of itching, such as the ones caused by bug bites and stings, poison oak, and poison ivy. If you cannot find the most common remedy used for poison

oak or poison ivy known as jewelweed, grindelia can be used instead. This herb is believed to have an active compound in it that acts like atropine. Atropine is a drug commonly used to stabilize the heart rate during surgery or after a heart attack. It essentially dries up the fluid present and prevents the risk of choking on saliva during surgery. So, adding it to your first aid kit is a great idea.

Hawthorn

The scientific name of Hawthorn is Crataegus and its flowers, leaves, and berries can be used in both fresh and dried forms. It is hypotensive, cardiogenic, and anti-arrhythmic in nature. Apart from this, it contains a variety of antioxidants that are beneficial for improving cardiovascular health. Leaves and/or flowers can be used to make fresh or dried tinctures. Fresh or dried leaves and flowers can be used to make tisanes, while decoction can be made with fresh or dried berries. You can safely consume 30-60 drops of a tincture or drink 2-3 cups of decoction or tisane daily.

This is an extensively researched herb and has proved its ability to improve heart health. Oligomeric procyanidins and flavonoids are abundant in the leaves, berries, and flowers of hawthorn plants. These compounds act as natural antioxidants. These antioxidants tackle the degradation of cells and oxidative damage. Apart from this, it also reduces inflammation. As mentioned, it is mild hypertensive, so it can be used to reduce blood pressure. It is believed to improve the strength of the heartbeat and stabilize heart rhythm after a heart attack.

If you are using any medicine for cardiovascular disorders or reducing blood pressure, be extremely cautious while using Hawthorne. Also, ensure that you consult your healthcare provider before adding it to your first aid kit.

Hyssop

The scientific name of hyssop is *Hyssopus officinalis*, and the leaves and flowers of this plant are used. The active compounds in this plant are believed to act as an expectorant and

a stimulant. It has a diaphoretic and antirheumatic effect too. Fresh and dried tinctures, tisane, and syrup can be made using this plant material. A teaspoon of syrup can be consumed every 2 hours, depending on the symptom it is treating. Alternatively, 30-60 drops of tincture or 2-3 cups of tisane can be consumed daily.



This is the best herb to deal with congestion or any other feeling of tightness in the chest. It can also be used to treat respiratory infections. Start consuming hyssop infused tisane the moment you notice the first signs of respiratory infections. Important to note, when it comes to recovering from an illness or an infection, you must give your body

sufficient rest. If you do not give it the rest needed, herbal remedies will not work as intended. Apart from providing respiratory relief, it also acts as an effective topical analgesic. You can use it to treat bruises too. This is not an ideal herb for a pregnant woman.

Juniper

Juniper belongs to the Genus *Juniperus*, and it includes a variety of species. The berries and leaves of the juniper plant are commonly used in natural medicine. This plant is believed to have antiviral, anti-fungal, and anti-bacterial properties and acts as an antiseptic too. It is a natural diuretic, has nephroprotective effects, and is believed to reduce inflammation. The powder of the dried berries can be used, essential oil can be extracted from the berries, berries or leaves can be added to decoctions, and dried tincture can be made using this plant material.

The juniper concoctions can be consumed in many ways. Tinctures can be consumed daily at a dosage of 20-30 drops. It can also be

used as a wound powder and applied topically to the affected area, and the essential oil from juniper berries can be added to a nebulizer. It works brilliantly well for urinary tract infections, candida, and even kidney complaints because it acts as a local antibiotic. Juniper works well against some strains of bacteria such as staphylococcus, streptococcus, listeria, E. coli, and even salmonella. Its active ingredients also show desirable activity against tuberculosis. Most believe tuberculosis is a disease of the past, but that's not the case. Unless you are vaccinated for it, you will not be protected from the effects of tuberculosis. While dealing with such harmful conditions, having a few natural options is quite helpful.

All parts of this plant can be used to make a decoction that can be added to disinfectants. From wiping down counters to cleaning doorknobs and even medical instruments, juniper comes in handy. Its oil can be added to laundry, turned into a savage dragon, and even nebulized to deal with respiratory issues. The essential oil in the form of lotion

or salve can be massaged into muscles and joints to relieve aches and soreness.

Juniper should not be used during pregnancy, and long-term use of it, especially internal use, is not advisable.

Lavender

The scientific name of lavender is *Lavandula*, and the flowers of this plant are used to create natural medicine and remedies. Lavender not only smells good but also offers a variety of health benefits. Lavender has anti-bacterial, fungal, and antiviral properties. It acts as a decongestant, is hypertensive, mildly sedative, and has analgesic properties too. Lavender flowers can be used to make essential oil, infused oil, and tisane. There are no hard and fast rules about the dosage of lavender, and you can use it as much as you want.

Perhaps the first thing that comes to mind when you think of lavender is the smell of essential oils. Using lavender to make an infused oil, powders, and tisane are overshadowed by its commonly used form,

essential oil. Lavender flowers are incredibly versatile and can be used in a variety of herbal preparations. For instance, consuming lavender tea has a calming effect and helps reduce stress. Its soothing scent also promotes a sense of calmness. Adding it to disinfectant or even household cleaners will leave your home smelling quite good. When lavender is infused with steam, it promotes relaxation and is good for the respiratory system. It also reduces stress-related headaches when the essential oil is dubbed at the temples.

The lavender essential oil can be used to reduce tiredness. It can also be added to personal care products such as lotions, soaps, and soaps. An interesting application of lavender essential oil is healing burns.

Whenever you are using any essential oil, you must do a patch test. Everyone might not respond in the same way to lavender essential oil. Also, essential oil should never be ingested, and it should not come into contact with eyes in its undiluted form. While using an essential oil topically, you must be diluted

with a carrier oil.

Lemon Balm

The scientific name of lemon balm is *Melissa officinalis*, and the flowers and leaves of this plant can be used in fresh or dried forms. It can be used to make fresh and dried tinctures and tisane; you can consume 30-60 drops of tincture daily or 2-3 cups of tisane.

Lemon balm is a gentle and calming herb and is used for its mild sedative properties. Its pleasant aroma and flavor make herbal remedies more palatable too. Diffusing lemon balm essential oil promotes relaxation. Lemon balm is commonly used to remedy nervousness, heartburn, and nausea. It is an age-old remedy for bringing down fevers. It induces sweating that helps reduce the internal body temperature, which in turn reduces fevers. Sweat is also a means of detoxification for your body. Another specific use of lemon balm is to treat herpes sores by directly applying a lemon balm salve or infused oil to sores.

Licorice

The scientific name of licorice is *Glycyrrhiza glabra*, and only the root of this plant is used for making tincture, decoction, cold infusion, or syrup. Licorice root acts as an immune stimulant, expectorant, and mild sedative. Apart from that, it is synergistic and has antiviral properties. You can use up to 30 drops of the tincture daily or 2-3 cups of decoction or infusion. Licorice not only tastes good and is a demulcent that is effective against a host of pathogens. It helps further lubricate the mucosa and this, in turn, promotes a better immune response. It is also a potent synergist. If you are already using any medications, be cautious while using licorice. It is believed to strengthen the overall effects of any medicine it is combined with.



When other herbs are combined with licorice, their potency increases, it is also believed to be estrogenic but does not contain any estrogen. Instead, it increases the overall effect of estrogen in the body. Licorice helps address most of the problematic symptoms associated with polycystic ovarian syndrome in women.

Whenever you are using licorice, always start with small amounts and increase the dosage gradually. Going overboard with licorice intake increases the risk of developing high blood pressure. If you notice any changes in your blood pressure levels, it is best to avoid licorice until your blood pressure has stabilized. Additionally, never use licorice

during pregnancy, and please be extra cautious if you are using any other medicine.

Lobelia

Its scientific name is *Lobelia inflata*, and the entire plant is used for making a variety of herbal remedies. It acts as an expectorant. It's a known emetic and has antispasmodic properties as well. You can make a fresh tincture, infused oil, and dried acetum using this ingredient. This is a low-dose herb and starts with 5-20 drops of tincture daily. When using lobelia extract, start with the lowest possible dose and gradually increase the intake as per your needs and requirements. If you want to use it as an emetic, don't use it in the form of a tincture and instead, opt for tisane. Take the tisane by the capful and no more. This is an incredibly powerful herb, and the antispasmodic properties it offers are unlike any other.

If you want to reduce muscle contraction, this is the perfect herb. Similarly, anyone who is suffering from a lockjaw will also benefit from its muscle relaxant properties. However,

this herb should be used with extreme caution. Remember, the heart is a type of muscle too. Since this herb affects all muscles and relaxes them, it can also relax the heart's functioning to a harmful extent. This is one of the reasons why you always need to start with smaller doses and slowly increase the intake. If you are careful, taking very small doses can effectively reduce spasms and be the first line of treatment for anaphylaxis and even asthma.

As mentioned, this herb is a natural emetic, and taking too much of it induces vomiting. That said, the response might not be immediate, as is the case with ipecac. It is an antispasmodic herb and can be infused into lotions and oils. This, in turn, can be used to deal with clenched muscles.

Ma Huang

The scientific name of ma huang is *Ephedra sinica* and *Ephedra vulgaris*. Only the stems of this plant are used. It acts as an expectorant, stimulant, and decongestant. Apart from it, it is known for its

antispasmodic and analgesic properties. You can prepare this herb in the form of a decoction or a dried tincture. Up to 30 drops of tincture can be taken daily, while 2-3 cups of the decoction are safe for consumption. In the United States, this herb is known as ephedra and is banned from public sale. That said, the seeds can be ordered and grown to make tinctures at home, but you cannot sell it as a product. The reason is that this herb was initially marketed as a weight loss product, and the chances of its misuse were high. This resulted in the FDA (Food and Drug Administration) banning the sale of ephedra.

It can be used to suppress appetite, relieve pain, as an expectorant, and as well as a stimulant. That said, you should never take too much of it because it can increase blood pressure, cause irregular heart rhythm, and severely reduce appetite. Tea brewed with this herb is used to relieve an asthma attack and regularize breathing. Apart from respiratory problems, it can be used for treating muscle spasms as well. Think of it as an emergency herbal EpiPen. So, adding it to

your first aid kit is a wonderful idea.

An important part of preparing for emergencies is to deal with allergies. Anaphylactic shock or anaphylaxis can be caused by a bee sting or even food allergies. In such situations, epinephrine (an active ingredient in EpiPen) is administered. Ephedra contains an alkaloid known as ephedrine, and it is quite like epinephrine. When no other option is available, this can be used to tackle anaphylaxis. After this, you can move on to the next course of treatment, which is using antihistamines. Nettle tincture can be administered if antihistamines aren't readily available.

Marshmallow

The scientific name of the marshmallow plant is *Althea officinalis*, and the roots and leaves of this plant are used. It acts as a demulcent and an expectorant. This hypoglycemic herb has anti-bacterial and anti-inflammatory properties as well. The dried roots of this plant can be used for making a cold infusion or a regular infusion with the leaves. This

cold infusion can then be used as a base to make syrups. The cold infusion can be taken as needed and for any respiratory complaints such as cough. To treat or soothe the symptoms of urinary tract infection, 3-6 cups of cold infusion can be consumed daily. To promote healing of wounds or to care for burn wounds, the infusion can be applied topically.



This demulcent herb is mucilaginous. It creates a thick liquid that suits, covers, and promotes the hydration of mucosa. Mucosa refers to the moist inner lining present around organs and body cavities such as the lungs, stomach, mouth, and nose. Even if the herb doesn't directly come into contact with mucosa, its lubricating effect on it cannot be ignored. This property is incredibly helpful,

especially while treating inflammation. Sore throat triggered by inflammation and coughing can be soothed by using marshmallows. This response is at play while soothing inflammation triggered by urinary tract infections. A cold infusion made with this herb can be used to remedy gastrointestinal problems too.

Even though the roots and leaves of this plant can be used, the roots are commonly preferred. You cannot make a tincture using this herb because it turns gloppy as soon as it's added to any liquid. That said, it could be brewed like regular tea leaves. Using the roots is easier for making cold infusions. Pectin is abundant in marshmallow plants. This creates a soothing gel-like liquid. If you want to use a substitute for sugar, especially for those with diabetes, adding this thick and gelatinous marshmallow cold infusion works. Even though it's not as viscous as honey, it does not elevate blood sugar levels. Also, if you are making syrup using this ingredient, the shelf life of the resultant product will be quite short.

Making a cold infusion is incredibly easy. The polysaccharides present in the marshmallow root can be easily extracted without any hassle. Anyone with gastrointestinal troubles will benefit from marshmallow root. It can also reduce blood sugar levels, but only mildly. Before you think it's a substitute for diabetic medication, think again. Once again, it's important to consider your healthcare provider, especially if you have pre-existing health problems.

Milk Thistle

The scientific name of milk thistle is *Silybum marianum*, and only the seeds of this plant are used.

The seeds of milk thistle can be ground and stored or even turned into a tincture. It is a bitter herb and helps improve gastrointestinal health. It also has a depurative and an estrogenic effect on the body. If you are using ground seeds, you can use up to 3 tablespoons per day, while tincture is restricted to 30-60 drops. Milk thistle helps support and promote the growth of new liver

cells. It is also a bitter tonic and helps reduce the stress on the liver. This is the first herb that is commonly used for treating fatty liver or cirrhosis of the liver. The properties of this herb are the same as those of dandelion. One difference is milk thistle has estrogen-like compounds that are helpful for women going through menopause or experiencing polycystic ovarian syndrome. When it comes to using milk thistle to support liver health, it is a short-term solution. This is not something you can keep taking in the long run.

Motherwort

The two species of motherwort that are commonly used are *Leonurus cardiaca* and *Leonurus sibericus*. Only the leaves and flowers of the motherwort plant are used.

Motherwort can be used for making syrup, dry tincture, tisane, and fresh tincture. It is a natural diuretic and nervine tonic. Apart from this, it has diaphoretic and antispasmodic properties as well. You can safely consume up to 40 drops of tincture daily or 5-tablespoons of the syrup per day, or 2-3 cups

of tisane per day. Just like a mother, this herb has an overall calming and stabilizing effect. It is believed to have a positive effect on the thyroid gland as well as the heart. It reduces hot flashes associated with menopause, cramps during menstruation and promotes afterbirth healing.

Using this herb regularly is believed to improve your physical and emotional wellbeing. If you are suffering from any trauma or experiencing severe mood swings, especially ones associated with hormonal changes, using this herb helps. This is commonly used for reducing premenstrual symptoms and even triggers menstruation if the cycle is delayed. It is known to soothe muscle tissues and, therefore, reduces cramping. Apart from this, it really helps improve the heart's health. This is especially true for anyone with arrhythmia or irregular heart rhythm.

Mullein

Its scientific name is *Verbascum Thapsus*, and its fresh or dried flowers are commonly

used. The dried leaves of a mullein plant that is less than a year old are also used in herbal medicine.

This herb has anti-inflammatory, anti-bacterial, and analgesic properties. Apart from it, it is demulcent, acts as an astringent, and has mild sedative properties too. It is also an expectorant. You can make infused oil using the flowers while leaves are used for tisanes. You can use it topically as needed, and the tisane dosage is restricted to 2-3 cups per day.



The fresh or dried flowers are used for making infused oils that tackle ear infections. Mullein has an anti-inflammatory effect and is anti-bacterial too. This can also be added to salves and lotions for treating a variety of problems ranging from dry skin and scrapes

to burns and achy arthritic joints. It's also commonly used for respiratory troubles and diarrhea. As mentioned, the leaves have the properties of a demulcent and astringent. It is used as a common remedy for treating mild diarrhea. For treating any respiratory complaints, tea can be brewed using dried leaves and flowers of this herb.

Nettle

The scientific name of nettle is *Urtica dioica*, and the plant's young roots, seeds, and leaves are used. This hypotensive herb has anti-edema, analgesic, and astringent properties. It is also a known diuretic. The young leaves, roots, and new seeds can be used to make tinctures, while the dried or fresh leaves can be used to make syrups and tisanes at home.

If you are using a tincture nettle for its antihistamine properties to treat any allergic reactions, you can use 30-60 drops of leaf tincture. To reduce swelling, treat minor allergy reactions, and release excess fluid build-up in the body, 3-4 cups of tisane made using fresh or dried leaves of this plant can be

used. Nettle is also used to treat male pattern baldness and promote prostate health. To do this, you can consume up to 30-60 drops of nettle tincture daily. A tisane or acetum made with leaves and roots of this plant make a nourishing hair rinse as well. Apart from this, up to 60 drops of nettle tincture can be taken thrice daily to improve kidney health and reduce any associated illnesses. It is often overlooked while talking about superfoods. It might sound like an exotic ingredient, but the benefits it offers cannot be ignored.

The most common uses of nettle include relieving allergies, edema, and joint pain. That said, there are more applications of a nettle than just the ones listed here. It is also packed full of nutrients the body needs, such as potassium, calcium, and iron. It acts as an internal cleanser and helps your body expel toxins present within. The only thing you need to be careful about while using nettle is to handle it with extreme care because if you're not careful, you might end up with a few stings. Nettle is also commonly used to treat pain caused by arthritis.

An important thing you must remember while using nettle is to only consume it once cooked. Never consume it in its raw form. That said, don't overuse nettle because it can have a drying effect on your body. Excess nettle can also cause hives and dryness of the skin.

Oats

The scientific name of oats is *Avena sativa*, and the straw and milky tops are used for their antispasmodic properties. Oats are not only demulcent but have a mild sedative effect too. They are rich in anti-inflammatory compounds and are also used as nervines. The most common preparation of oats includes gruel or oatmeal and tisane. There is no dosage here, and you can consume as much as needed.

Oatmeal is usually considered to be comfort food. This is because the calming nervine helps reduce stress and calm the brain. Apart from it, when used topically, it soothes the skin. This is one of the reasons why it's commonly added to skin care products such

as scrubs and soaps. If you are suffering from dry skin associated with psoriasis or eczema, itching caused by sunburn for chickenpox, or even dryness triggered by menopause, start using oats. If you are struggling with insomnia, having a bowl of oatmeal or a cup of tea brewed using the immature tops or oat straw helps. There are no known problems associated with the consumption of oats. That said, if you have any gluten allergies or sensitivity, it's better not to consume oats.

Peppermint

The scientific name of peppermint is *Mentha x Piperita*, and the leaves of this plant are used for their medicinal properties. Peppermint leaves must be harvested before the plant blooms. Tisane, hydrosol, and essential oils can be prepared using peppermint. There are no dosage guidelines when it comes to using this refreshing herb.

This is an incredibly aromatic oil and is ideal for anyone who wants to make their essential oils at home. Another wonderful thing about this herb is, it can grow anywhere. It is a

hardy perennial herb that even novice gardeners can grow with ease. The high concentration of menthol in peppermint makes it an excellent pain reliever. Peppermint essential oil can be added to bath bombs, massage oils, and lotions. You can also add it to soaps and creams to soothe tiredness. Don't forget about diffusing peppermint essential oil at home. It is an excellent decongestant as well. Applying peppermint oil to the temples reduces the severity of migraines and headaches. That said, it is an effective remedy only when applied right before the migraine sets in. Apply peppermint oil to your temples and let it work its magic as soon as you notice the first signs of a migraine. You can also diffuse essential oil at home to create a pleasant and refreshing aroma.



Peppermint can also be added to disinfectants and other cleaning supplies. They repel pests, especially ants and mice. The mucus secretions given out by peppermint tea make it an effective decongestant for upper and lower respiratory infections. Its pleasant taste further enhances the overall effect. It can also be used to reduce nausea and alleviate morning sickness during the initial stages of pregnancy. Additionally, peppermint also acts as a hydrosol and is incredibly cooling. It can be applied to the temples and neck to reduce fever.

Sage

The scientific name of sage is *Salvia officinalis*, and only the leaves of this plant are used. Sage has anti-fungal and anti-bacterial properties. It acts as a stimulant, as an antiperspirant, and has astringent properties too. Apart from this, it is also a popular estrogenic plant. You can make syrups, essential oil, dried and fresh tinctures, and tisane using sage. Up to 60 drops of a tincture, 2-3 cups of tisane can be used. You can also diffuse the essential oil using an

aromatherapy diffuser.

Sage is an aromatic herb that is commonly used in different cuisines across the world. It also has some interesting properties. There are no phytoestrogens in sage, and therefore, it does not mimic the effect of estrogen, unlike other estrogenic herbs such as licorice and milk thistle. When this is coupled with its astringent-like quality, anyone dealing with menopausal night sweats will benefit. The anti-bacterial properties of sage make it an effective addition to any mouthwash. You can also consume this to bring on menstruation if delayed. The essential oil can be applied to the scalp when mixed with some carrier oil. A regular head massage with sage-infused hair oil treats fungal infections and dandruff.

St. John's Wort

The scientific name of St. John's wort is *Hypericum perforatum*, and the leaves and flowers of this herb are used. It can be used to make an infused oil, and the dried plant parts can be turned into capsules infused with

honey and tisanes. It can also be used for making fresh and dried tinctures. You can use up to 40 drops of tincture daily to relieve symptoms of mild depression and anxiety. If you are using it as an expectorant, you can consume 2-3 cups of tisane daily. It can also be used topically to promote better healing of wounds and reduce nerve pain. When infused with honey, it becomes an excellent remedy used for topical application to treat burns and open wounds.

One of the most noteworthy effects of St. John's Wort is its mood-enhancing abilities. It can remedy mild to moderate forms of depression and anxiety. That said, this is not an alternative for proper mental health support. However, having it with you in case of an emergency will certainly come in handy. It promotes cellular regeneration and healing. This, coupled with the above-mentioned properties, makes it an excellent remedy. If you want to reduce nerve pain, making infused oil using the flowers of this herb helps. The infused oil should be added to honey, and with a little extra heat and

elbow grease, the salve is ready. This herb can also be combined with other pain-relieving ones such as peppermint, arnica, lobelia, and white willow bark. If you are using any mood-enhancing drugs, ensure to consult your healthcare provider before using St. John's wort.

Turmeric

The scientific name of turmeric is *Curcuma longa*, and the rhizome or root of this plant is used. A wonderful thing about this herb is it can be consumed in its fresh and dried forms. Powdered turmeric is a common ingredient in Asian and Middle Eastern cooking. It can be easily incorporated into any dish and not just curries. Turmeric can be consumed in the form of capsules or added to food.

Turmeric offers a variety of health benefits. It is known for its nephroprotective, neuroprotective, and vasoprotective effects. Apart from this, it improves heart health as anti-cancer properties, is a natural anti-inflammatory compound, and has anti-bacterial and anti-fungal properties. It is also

an analgesic. You can consume as much turmeric as you want without any worries. It truly is a powerhouse of an herb.

As with ginger, growing turmeric is quite simple to use. A combination of turmeric and ginger can be used to reduce inflammation in the body, provide relief from rheumatoid arthritis, and reduce the risk of osteoarthritis. Turmeric can also be added to a warm glass of milk and consumed at night to improve your ability to sleep. Additionally, turmeric is commonly used in skin care products too. Whether you want to treat eczema, psoriasis, or acne, a paste made of turmeric root can be used. A hot compress using turmeric relieves irritation associated with conjunctivitis. Powdered turmeric can be used to stop bleeding, too, especially for open wounds and injuries. When in a pinch, add some turmeric powder to cauterize wounds until you can get proper medical attention.

Whenever you are using turmeric, ensure you do it carefully because it can leave a yellow stain. That said, the stain is only temporary. Also, wild turmeric doesn't leave a stain.

Chapter 5: Tincture Recipes

Basic Tincture with Alcohol

Things You Need:

- Jar with lid
- Cheesecloth
- Dark dropper bottles

Choose from one of the following (quantity is mentioned in the directions):

- Finely chopped fresh flowers or herbs or both
- Finely chopped or crumbled dried flowers or herbs or both
- Finely chopped fresh roots, berries, and barks
- Finely chopped dried roots, berries, and barks

Choose the alcohol strength according to your choice of herbs, flowers etc.:

- 40% - 50% alcohol by volume (80 – 90 proof vodka) for dried herbs, roots, berries, and flowers
- 67.5% - 70% alcohol by volume (half 90 proof vodka and half 190-proof grain alcohol) for fresh herbs, berries, flowers, and roots

Directions:

1. For fresh flowers and herbs: Fill the jar up to $\frac{2}{3}$ – $\frac{3}{4}$ with fresh flowers or herbs.
2. For dried herbs and flowers: Fill the jar up to $\frac{1}{2}$ - $\frac{3}{4}$ with dried flowers or herbs.
3. For fresh roots, berries, and barks: Fill the jar up to $\frac{1}{3}$ – $\frac{1}{2}$ with fresh roots, berries, or barks.
4. For dried roots, berries, and barks: Fill the jar up to $\frac{1}{4}$ - $\frac{1}{3}$ with dried berries, roots, or barks.
5. After placing the chosen herbs, flowers, berries, or roots in the jar,

pour enough alcohol to fill up the jar.

6. Close the lid of the jar and shake to mix well. Place the jar in a cool and dry place for 4 – 6 weeks.
7. Place cheesecloth over a bowl. Pour the mixture into the cheesecloth and strain the mixture. Squeeze out as much alcohol as possible.
8. Pour into dropper bottles and fasten the lid. Label the bottles with the name and date of preparation. Place the jar in a cool and dark place. Make sure to keep it away from sunlight.
9. To make a tincture without alcohol, swap alcohol with apple cider vinegar.

10. To use: Place a few drops of the tincture on your tongue.

11. Using this recipe, you can make different tinctures using fresh or dried flowers, herbs, berries, barks, and roots. Add the chosen ingredient and add alcohol as given in the recipe

and go ahead with the procedure.

Basic Tincture without Glycerin (Non-Alcoholic)

Things You Need:

- Dried herbs or flowers of your choice
- Vegetable glycerin, as required
- Boiling water (optional)
- Glass jar
- Cheesecloth
- Glass dropper bottles

Directions:

1. Add enough dried herbs or flowers into the glass jar to fill it up to $\frac{1}{3}$ – $\frac{1}{2}$.
2. Adding boiling water is optional, and by doing so, you will get more benefits from the herbs or flowers. If you are adding hot water, just add enough so that the herbs are just moistened.

3. Pour glycerin to fill up the jar. Mix the contents with a spoon. Fasten the lid and place the jar in a cool and dry place for 7 – 8 weeks. Shake the jar every 2 – 3 days. Strain the mixture and store it in a glass bottle or jar. Note that this tincture does not have a long shelf life like the alcoholic version.
4. If you have no patience to wait for the tincture to be ready in 7 – 8 weeks, you can make it in a slow cooker.
5. To make in a slow cooker (crockpot): Keep a silicone baking mat or layers of washcloth on the bottom of the crockpot. Make sure the crockpot has 'Keep warm' or 'Very low' options.
6. Place the jar in the slow cooker without the lid. Pour water all around the jar and set the slow cooker on the low setting. Let it cook for 1 – 2 days.
7. Pour water whenever required in the

crockpot.

8. Cool the mixture completely, and place the cheesecloth over a bowl. Strain the mixture, squeezing as much mixture as possible using your hands and store in dropper bottles. Label the bottle with the name and date of preparation.

A Few Examples of Tinctures

You can use the herbs, roots, and leaves to make a tincture. For example, to make an arnica tincture, use arnica leaves.

1. **Arnica Tincture:** For aches, inflammation, wounds, injuries. Use arnica leaves.
2. **Elderberry Tincture:** To reduce inflammation. Use fresh or dried elderberries.
3. **Turmeric Tincture:** To reduce inflammation in osteoarthritis. Use fresh or powdered turmeric.
4. **Echinacea Tincture:** For cold, flu,

and infection. Use Echinacea flowers or leaves.

5. **Cannabis Tincture:** For cancer and mental disorders. Use cannabis leaves.
6. **Garlic Tincture:** For fungal infections, viral infections, lower cholesterol, lower high blood pressure, and bacterial infections. Use garlic bulbs.
7. **Ginger Tincture:** For digestive problems like nausea, indigestion, good for cold and flu. Use fresh or dried ginger.
8. **Cayenne Tincture:** For digestion, lower blood pressure, pain relief, and improve psoriasis. Use cayenne pepper powder.
9. **Uva Ursi Tincture:** Use Uva ursi (bearberry leaf) to make a tincture to relieve UTIs.
10. **Yarrow Tincture:** To stop wounds from bleeding. Use yarrow

flowers.

11. Lemon Balm Tincture: For migraine. Use lemon balm leaves.

12. To Make Cleansing Tincture: Use 2 cups nettle leaves, 1 cup lemon balm leaves, and 1 cup of dandelion leaves.

13. To Make Sleep Tincture: Use 1 cup lavender flowers and 1 cup chamomile flowers.

14. To Make PMS Tincture: Use 3 cups raspberry leaves, 2 cups peppermint leaves, 1 cup nettle leaves, and 1 cup ginger root.

15. Mood-Boosting Tincture: Use 2 cups lemon balm leaves, 1 cup ginger root, and 1 cup passion flowers.

16. To Make Stress Tincture: Use 2 cups dandelion roots, 1 cup astragalus root, 2 cups ginseng, and ½ cup cardamom seeds.

17. To Make Breathe Well
Tincture: Use 1 cup ginger root, 1 cup licorice root, and 1 cup marshmallow root.

18. To Make Heart Health
Tincture: Use hawthorn berries.

19. Cordyceps Tincture: Has multiple benefits - respiratory problems like cough etc., kidney problems, anemia, for athletes, liver problems, to lower cholesterol, weakness, to get rid of opium addiction etc.

20. To Make Digestion
Tincture: Use dandelion leaves.

21. Tincture for Allergies: Use nettle leaves.

22. Tincture for Better Focus and Hormone Balancing: Use ashwagandha root.

23. Tincture for Sleep, Anxiety, and Stress Disorders: Use holy basil leaves.

24. Tincture for Liver Disorders: Milk thistle tincture.
Use milk thistle seeds.

Tincture for Fever: Use feverfew leaves.

Turmeric Tincture

Things You Need:

- 4 cups peeled, grated, organic ground fresh turmeric
- 4 cups alkaline water
- 2 cups acerola cherry powder
- 4 cups 70% or greater alcohol like vodka
- 2 tablespoons ground black pepper
- Glass jar
- Cheesecloth
- Gloves
- Dark storage dropper bottles

Directions:

1. Wearing gloves, place turmeric in the jar. Stir in black pepper and acerola cherry powder.
2. Now add alcohol and water. Mix

well.

3. Close the jar and place it in a cool and dark place for 6 weeks. Make sure to stir the contents every 2 – 3 days.
4. Place cheesecloth over a bowl. Pour the mixture into the cheesecloth and strain the mixture. Wearing gloves, squeeze out as much alcohol as possible.
5. Pour into small glass dropper bottles and fasten the lid. Label the bottles with the name and date of preparation. Place the jar in a cool and dark place. Make sure to keep it away from sunlight.

Cayenne Tincture

Things You Need:

- 1 cup cayenne pepper
- 2 cups vodka
- Glass jar
- Cheesecloth
- Dark storage dropper bottles
- Gloves

Directions:

1. Spoon the cayenne pepper into a jar. Pour alcohol into the bottle and stir. Fasten the lid and keep it in a cool and dark place for 3 - 4 weeks. Make sure to stir the contents every 2 – 3 days.
2. Place cheesecloth over a bowl. Pour the mixture into the cheesecloth and strain the mixture. Wearing gloves, squeeze out as much alcohol as possible.

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3. Pour into small glass dropper bottles and fasten the lid. Label the bottles with the name and date of preparation. Place the jar in a cool and dark place.

Chapter 6: How to Make Double Boiler and Infused Oil

How to Make a Double Boiler Recipe

1. Pour about 3 to 4 inches of water into a pot. Place the pot over medium-low heat.
2. Take a heatproof bowl that fits at the top of the pot. The bowl should not float in the water, nor should the water touch the heatproof bowl. The water should not enter the heatproof bowl either.
3. Add those ingredients that need to be melted along with any other oils, if necessary, into a heatproof bowl. Place the heatproof bowl on the top of the pot.
4. Whisk frequently until the entire mixture melts and is smooth.
5. Remove the heatproof bowl from the double boiler and proceed with

the remaining steps.

How to Infuse Herbs with Oil

1. Fill a clean and dry jar with herbs of choice or that are mentioned in any recipe. Pour enough carrier oil to fill up the jar. Tighten the lid and shake the jar. Keep the jar in a cool and dry place over a plate (this is to collect any spills from the jar).
2. Shake the jar 2 – 3 times daily. Do this for 3 to 6 weeks, depending on how strong you want the infused oil to be. You can also do it in a double boiler or slow cooker, and it will be done in a few hours.
3. Strain the oil through a strainer lined with a cheesecloth into the jar. Tighten the lid and store it in a cool and dry place.
4. Infused oil and double boiler are used in a few recipes. The procedure is not going to be repeated in the recipe.

Chapter 7: Salve Recipes

Arnica Salve

Things You Need:

- ½ cup arnica
- 1 cup carrier oil of your choice (you can use a single oil or mixture of oils)
- 10 – 20 drops wintergreen essential oil (optional)
- 1 tablespoon St. John's Wort
- ¼ cup un-bleached beeswax
- Double boiler
- Salve container

Directions:

1. Make infused oil using carrier oil with arnica and St. John's Wort.
2. Melt together infused oil and

beeswax in a double boiler.

3. Take out the bowl from the double boiler and let it cool for a few minutes.
4. Stir in wintergreen oil and pour into the salve container. Let it cool completely.
5. Fasten the lid and stick a label with the name and date of preparation.
6. Apply a little of the salve on the area of pain due to aches, sprains, minor injuries, or bruises.

Anti-Bacterial Ointment

Things You Need:

- 4 tablespoons refined coconut oil (optional, to be used if you want the salve to be firm)
- 2 – 4 teaspoons beeswax
- 4 drops oregano oil
- 4 drops lavender oil
- 4 drops helichrysum oil
- 4 drops frankincense oil
- Double boiler
- Salve container

Directions:

1. Melt together beeswax and coconut oil in a double boiler.
2. Remove the bowl from the double boiler. Let the mixture cool for 10 – 15 minutes.

3. Stir in the essential oils, one oil at a time and stir well each time.
4. Cool for a few more minutes before transferring into a salve container. Fasten the lid and refrigerate until it sets.
5. Remove from the refrigerator and label with the name and date of preparation. Store in a cool and dry place.
6. Smear on small cuts and scrapes. Cover with a bandage if required.

Eczema Cream

Things You Need:

- 4 tablespoons Shea butter
- 2 tablespoons beeswax pastilles
- ¼ cup calendula infused oil
- 30 drops lavender essential oil
- 30 drops manuka essential oil
- 2 teaspoons vitamin E oil
- Double boiler
- Salve container

Directions:

1. Melt infused oil, Shea butter, and beeswax in a double boiler.
2. Take out the heatproof bowl from the double boiler. Let the mixture cool for about 10 – 12 minutes.
3. Stir in the vitamin E oil and essential oils, one oil at a time.

4. Pour the mixture into the jar. Let it cool to room temperature. Fasten the lid. Label the jar with the name and date of preparation.
5. Take a little of the salve and apply directly to the affected area. Rub it into the skin with circular rotations.

Headache Soothing Salve

Things You Need:

- 1 ounce beeswax
- 4 tablespoons castor oil
- 8 tablespoons extra-virgin olive oil
- 40 drops peppermint essential oil
- 20 drops citrus essential oil (choose from lemon, grapefruit, or orange)
- 20 drops lavender essential oil
- Double boiler
- Salve container

Directions:

1. Melt beeswax and extra-virgin olive oil together in a double boiler.
2. Take out the bowl from the double boiler. Add magnesium oil and castor oil and stir well.
3. Stir in the essential oils, one at a

time.

4. Pour the mixture into the salve container. Close the lid and label the jar with the name and date of preparation. Place it in the refrigerator for 20 to 30 minutes or until it just sets. Do not keep it for longer than 30 minutes in the refrigerator.
5. Rub lightly a little of the salve on the forehead and temples.

Multi-purpose Lavender Salve

Things You Need:

- ½ cup lavender-infused oil or olive oil, sweet almond oil, or jojoba oil
- 1 tablespoon Shea butter (optional)
- 2 – 3 drops essential oil of your choice
- 10 drops lavender essential oil, only to be added if you are not using lavender-infused oil
- 1 ½ - 2 tablespoons beeswax pastilles
- Double boiler
- Salve container

Directions:

1. Mix beeswax and infused oil together in a double boiler.
2. Remove the bowl from the double boiler. Cool for a few minutes.

3. Stir in the essential oil.
4. Pour the mixture into a salve container and let it cool to room temperature. Fasten the lid.
5. Remove from the refrigerator and store in a cool and dry place. It can last for a year.
6. You can use the salve to soothe skin, on burns and scars, bites and stings, rashes, inflamed areas, ease stress, and calm the nerves.

Antibiotic Ointment

Things You Need:

- 6 ounces coconut oil + extra (will be explained in the directions)
- 8 ounces Shea butter
- 1/8 cup tightly packed calendula flowers
- 1/8 cup yarrow flowers
- 1/8 cup arnica flowers
- 1/8 cup plantain leaves
- 1/8 cup comfrey leaf
- 1/8 cup beeswax or candelilla wax
- 10 drops lavender essential oil
- 10 drops tea tree essential oil
- ¼ teaspoon vitamin E oil
- Double boiler
- Salve container

Directions:

1. Infuse coconut oil with the herbs and leaves. Once you strain the oil, pour it into a measuring cup. Pour extra coconut oil to make it 6 ounces.
2. Melt infused oil, Shea, and beeswax together in a double boiler.
3. Take out the heatproof bowl from the double boiler and let the oils cool for 15 – 20 minutes.
4. Add vitamin E oil and essential oils, one at a time. Pour into a salve container. Cool completely. Fasten the lid. Label the container with the name and date of preparation.
5. Apply a little of the ointment on minor cuts, scrapes, and burns.

Chapter 8: Balm Recipes

Healing Skin Balm

Things You Need:

- • 4 tablespoons beeswax
- • 8 tablespoons extra-virgin olive oil
- 4 tablespoons coconut oil
- 2 tablespoons lanolin
- 10 drops peppermint essential oil
- 10 drops tea tree essential oil
- 10 drops chamomile essential oil
- 10 drops calendula essential oil
- ½ teaspoon vitamin E oil (optional)
- Double boiler
- Glass jar with lid

Directions:

1. Melt beeswax and coconut oil

together in a double boiler.

2. Take out the heatproof bowl from the double boiler. Add extra-virgin oil and lanolin and mix well.
3. Stir in vitamin E oil and essential oils, one at a time.
4. Pour the mixture into the jar. Let it cool to room temperature. Fasten the lid.
5. Apply a little of the balm on the required area and rub it into the problem area.

Raspberry and Lemon Lip Balm

Things You Need:

- 4 teaspoons raspberry gelatin mix
- 6 – 7 drops lemon essential oil
- 4 tablespoons virgin coconut oil
- Microwave
- Lip balm containers

Directions:

1. Melt coconut oil in a microwave-safe container in the microwave for about 30 seconds or until just melted.
2. Stir in raspberry gelatin mix. Whisk until smooth. Place it back in the microwave and cook for a few more seconds until the gelatin melts.
3. Stir in the essential oil and whisk well.
4. Spoon the mixture into the lip balm

containers. Chill until it sets. Fasten the lid and label the container with the name and date.

Honey Lip Balm

Things You Need:

- 2 teaspoons hemp oil
- 4 teaspoons honey
- 8 teaspoons almond oil
- 0.7-ounce beeswax
- 0.7-ounce cocoa butter
- 1 ounce Shea butter
- Lip balm container
- Milk frother

Directions:

1. Place cocoa butter, Shea butter, and beeswax in a double boiler and melt the mixture.
2. Take out the heatproof bowl from the double boiler.
3. Stir in hemp oil and almond oil. Add the honey and stir until it is

dissolved. Blend the contents with a milk frother.

4. Spoon the mixture into the lip balm containers. Chill until it sets. Fasten the lid and label the container with the name and date.

Foot Balm for Soft Feet

Things You Need:

- ½ cup Shea butter
- 4 tablespoons olive oil
- 4 tablespoons coconut oil
- 1 ounce beeswax, grated
- 20 drops peppermint essential oil
- 20 drops vanilla essential oil
- Double boiler
- Glass jar with lid

Directions:

1. Melt together beeswax, Shea butter, and coconut oil in a double boiler.
2. Take out the heatproof bowl from the double boiler. Let the mixture cool for 15 minutes.
3. Add the essential oils, one at a time, and stir until well combined.

4. Pour the mixture into the jar. Let it cool to room temperature. Fasten the lid and label the jar with the name and date of preparation.
5. Apply on your foot and rub it lightly into the skin before just before bedtime.

Foot Cream for Cracked Feet

Things You Need:

- ½ cup cocoa butter
- 1.4 ounces beeswax, grated
- ½ cup olive oil
- 20 drops tea tree essential oil
- Double boiler
- Glass jar with lid

Directions:

1. Melt together beeswax, cocoa butter, and olive oil in a double boiler.
2. Take out the bowl and cool the mixture for about 20 minutes.
3. Stir in essential oil and pour into the jar. Cool completely and fasten the lid. Label the jar with the name and date of preparation.

4. Rub it onto cracked feet after a shower and at bedtime. Do this for a few days until healed.

Chapter 9: Lotion Recipes

Calamine Lotion

Things You Need:

- ½ cup filtered water
- 6 tablespoons pure, natural sodium bicarbonate
- 24 drops lavender essential oil
- 2 tablespoons Tasmanian sea salt
- 2 teaspoons 100% palm oil-free glycerin (optional but recommended)
- 6 tablespoons bentonite clay or green clay
- Glass bowl
- Wooden spoon
- Flip-top bottle

Directions:

1. Add sodium bicarbonate, bentonite

clay, and Tasmanian sea salt in a glass bowl – do not use a metallic bowl.

2. Stir with a wooden spoon until well combined.
3. Add 2 – 3 tablespoons of water and stir until a paste is formed. Add the remaining water and stir until smooth.
4. Add the essential oil and glycerin and mix until well combined.
5. Pour into a flip-top bottle. Place in the refrigerator. It can last for 2 – 3 months.
6. Apply the lotion on bug bites, rash, shingles, itching, nappy rash, etc.

Skin Repair Lotion

Things You Need:

- 2 cups aloe Vera gel
- 20 drops ylang ylang essential oil
- 2 drops bergamot essential oil
- 2 drops cardamom essential oil
- 6 drops sweet orange oil
- 1 cup coconut oil
- Microwave
- Microwave safe bowl
- Glass jar with lid
- blender

Directions:

1. Melt coconut oil in a microwave in a microwave-safe bowl for about 30 – 40 seconds.
2. Stir in essential oils. Pour the

mixture into a blender. Add aloe Vera gel and blend until smooth.

3. Pour into a jar. Fasten the lid and store it in a cool and dry area.
4. Apply on cuts, scars, dark spots, burns, wrinkles, etc.

Sleepy Time Lotion

Things You Need:

- 2 cups coconut oil
- 14 – 16 drops lavender essential oil
- 2 teaspoons vitamin E oil
- Stand mixer
- Glass jar with lid

Directions:

1. Place coconut oil in the mixing bowl of the stand mixer. Set the mixer on high speed and whip for 5 minutes.
2. Whip in the essential oil and vitamin E oil.
3. Scoop the mixture into a jar. Fasten the lid.
4. Rub the lotion all over your body at bedtime.

Chapters 10: Powder and Spray Recipes

Natural Styptic Powder to Stop Bleeding

Things You Need:

- 2 tablespoons yarrow powder
- 2 tablespoons stinging nettle leaf powder
- 2 tablespoons cinnamon powder
- 2 tablespoons bentonite clay
- 2 tablespoons cayenne pepper powder
- 2 tablespoons comfrey root powder
- 2 tablespoons turmeric root powder
- Jar with lid
- Bowl
- Wooden spoon

Directions:

1. Combine all the powders and clay in a bowl. Stir until well combined. Transfer into the jar. Fasten the lid and label the jar with the name and date.
2. Sprinkle a generous amount of the powder on the wound. Press to adhere. If the wound is small, it should stop within a couple of minutes. If the wound is large, you may have to repeat the process a few times until the bleeding stops.

Prickly Heat Powder for Normal Skin

Things You Need:

- 4 tablespoons cinnamon powder
- 2 cups cornstarch
- ½ - 1 teaspoon menthol crystals, powdered (optional but recommended)
- 2 – 4 drops essential oils of your choice (optional)
- Jar with lid
- Bowl
- Wooden spoon

Directions:

1. Combine cornstarch and cinnamon powder in a bowl. Stir in the optional ingredients if using. Transfer the powder into the jar. Fasten the lid and label the jar with

the name and date.

2. Use on your dry body, on the affected area after a shower. Use 1 – 2 times in a day.
3. Placing the jar in the refrigerator will give a cooling effect on the affected area.

First-Aid Antiseptic Spray

Things You Need:

- 2 ounces water
- 15 drops tea tree essential oil
- 15 drops myrrh essential oil
- 15 drops thyme essential oil
- 15 drops lavender essential oil
- 2 tablespoons neem oil
- 1 ½ ounces alcohol-free witch hazel
- Metal funnel
- Glass bottle with spray nozzle

Directions:

1. Pour water, neem oil, and witch hazel into the bottle using the funnel.
2. Add essential oils. Fasten the nozzle cap and shake the bottle until well combined.

3. Label the bottle with the name and date of preparation.
4. Use over minor cuts, scrapes or bites.

Sore Throat Spray with Honey and Clove

Things You Need:

- 2 – 4 tablespoons raw honey
- 2/3 cup filtered water
- Funnel
- Spray bottle with spray nozzle
- Strainer
- Saucepan

Directions:

1. Pour water into a saucepan and place it over medium heat. Once water is hot, stir in cloves and honey.
2. Let it simmer for about 20 minutes over medium heat. Stir occasionally. Turn off the heat.
3. Cool completely. Strain the mixture into a bowl using a strainer. Pour

into the spray bottle.

4. Use the spray every 4 – 5 hours if required.
5. Do not use the spray on kids and pregnant women.

Homemade Natural Bug Repellent (For Different Bugs)

Things You Need:

- Glass spray bottle (4 ounces)
- Distilled water or filtered water, as required
- 2 ounces apple cider vinegar or witch hazel
- Funnel

Oils for Different Bugs:

- 40 drops lavender oil for moths, fleas, mosquitos or biting flies
- 10 drops clove essential oil for mosquitoes
- 40 drops thyme essential oil for mosquitoes
- 40 drops rose geranium essential oil for ticks
- 20 drops cedarwood essential oil for

ticks

- 40 drops citronella essential oil for mosquitoes, gnats, flies, minute blood-sucking insects or gnats
- 20 drops eucalyptus essential oil for all variety of biting and stinging bugs
- 10 drops basil oil for biting flies or mosquitoes
- 20 drops peppermint essential oil for ants or mosquitoes

Directions:

1. Place funnel over the bottle. Pour witch hazel.
2. Add the necessary essential oil for the particular purpose. Pour enough water to fill the bottle up to the neck.
3. Fasten the spray cap nozzle. Shake the bottle until well combined.
4. Label the bottle with the name and date.

5. Shake the bottle before using. Spray on the exposed area of your body while you remain outdoors.

Spray to Kill Poison Oak

Things You Need:

- • 1 ounce gin
- • ½ tablespoon liquid dish soap
- • ½ ounce apple cider vinegar
- • 2 cups water
- • Container with spout
- • Spray bottle with spray nozzle

Directions:

1. Combine gin, dish soap, vinegar, and water in the container.
2. Fill it into the spray bottle. Fasten the spray nozzle cap.
3. Spray on the plant leaves. Repeat the following day if required.

Spray for Insomnia

Things You Need:

- 30 drops lavender oil
- 4 ounces distilled water
- 16 drops benzoin
- Spray bottle (8 ounces) with spray nozzle

Directions:

1. Add all the ingredients into the spray bottle. Fasten the nozzle cap and shake well. Benzoin may clog the spray nozzle as it is thick, so it is best to close the nozzle and shake the bottle.
2. Squirt a bit on your pillow before you go to sleep.

Sunburn Relief Spray

Things You Need:

- ½ cup aloe Vera juice
- ½ teaspoon vitamin E oil
- 3 tablespoons fractionated coconut oil or jojoba oil
- 5 drops lavender oil
- 2 – 3 drops Roman chamomile oil
- 4 drops tea tree oil
- Funnel
- 8-ounce spray bottle

Directions:

1. Add all the ingredients into the spray bottle. Fasten the spray cap. Shake until well combined.
2. Shake the bottle just before use. Spray directly on the sunburned area.

Chapter 11: Elixir Recipes

Elderberry Elixir for Cold and Flu

Things You Need:

- ¼ cup dried organic elderberries
- 1/8 cup nettle
- 1/8 cup rosehip
- 1 stick cinnamon
- ½ teaspoon whole cloves
- ½ teaspoon grated nutmeg
- ½ tablespoon whole allspice
- 1 star anise
- ½ teaspoon astragalus
- ¼ teaspoon thyme
- ½ teaspoon rosemary
- ½ inch freshly grated ginger or ½ tablespoon ground ginger

- ½ - 1 cup raw honey
- 4 cups purified water
- Pot with lid
- Cheesecloth

Directions:

1. Add elderberries, spices, water, and herbs into the pot. Cover the pot and place it over medium heat.
2. When the mixture is about to start boiling, lower the heat and simmer for about 20 minutes.
3. Turn off the heat and mash the berries lightly with the back of a spoon.
4. Place a piece of cheesecloth over a bowl. Pour the mixture into the cheesecloth and strain the mixture. Squeeze out as much juice as possible. Discard the solids.
5. Add honey and stir.

6. Have about $\frac{1}{2}$ cup of the elixir 3 – 4 times a day until you are relieved. Make sure you have it warm.

Golden Milk for Arthritis, Cold, Injuries, and Immunity Boosting

Things You Need:

- 1 glass of milk of your choice
- Honey, maple syrup, agave syrup, or stevia to taste
- $\frac{3}{4}$ teaspoon turmeric powder
- 4 – 6 black peppercorns
- Saucepan

Directions:

1. Combine milk, turmeric, and peppercorns in a saucepan.
2. Place the saucepan over medium heat. When the mixture begins to boil, lower the heat and simmer for about 3 – 4 minutes.
3. Turn off the heat and let the milk cool down until warm. Discard the peppercorns and serve.

Raw Apple Cider Vinegar

As an Elixir for Better Digestion, Sore Throat, Weight Loss, Reducing Candida, Lowering Cholesterol and Tri-Glycerides

Things You Need:

- 2 pounds organic apples, cored, chopped (do not peel)
- Springwater, as required
- 6 teaspoons sugar
- Large glass jars
- Strainer
- Storage bottle
- Cheesecloth
- Rubber band
- Strainer

Directions:

1. Add apples into a glass jar. Add sugar on top of the apples. Pour

enough water to cover the apples (there should be at least 4 inches of neck space).

2. Keep the jar covered with cheesecloth. Fasten with a rubber band. Place the jar inside a cool and dark place for 2 – 6 weeks, depending on how strong you want it to be.
3. Strain the vinegar into another jar. Discard the apples. Cover once again with cheesecloth and set it aside in a warm place for 4 weeks.
4. Pour into a storage bottle. Label with the name and date.

Immunity Booster Elixir

Things You Need:

- 2 inches fresh ginger, unpeeled, rinsed, sliced, or grated
- 1 stick cinnamon
- 1 tablespoon raw honey
- 1 star anise
- 1 tablespoon apple cider vinegar
- 2 cups water
- Juice of ½ lemon
- Saucepan

Directions:

1. Combine ginger, spices, and water in a saucepan. Place the saucepan over high heat.
2. When the mixture begins to boil, turn off the heat. Cover the saucepan and let it infuse for 10

minutes.

3. Strain the elixir into a bowl. Add honey, lemon juice, and vinegar and stir.
4. This can be served warm or cold or at room temperature.
5. You can make this ahead of time. Keep it covered in the refrigerator and make sure to drink it within 2 days.

Chia Seed Elixir (Morning Elixir)

Things You Need:

- ½ tablespoon chia seeds
- ½ tablespoon apple cider vinegar
- 1 teaspoon lemon juice or to taste
- ¾ cup warm water

Directions:

1. Add chia seeds, vinegar, and lemon juice into the cup of warm water and stir.
2. Set aside for 10 minutes or until the chia seeds swell up. Stir occasionally.
3. This is a very nourishing drink to start your day.

Elixir for Cough with Congestion

Things You Need:

- 1 small white onion, peeled, sliced

- 1 cup dairy milk
- 1 cup water
- 1 – 1 ½ inches licorice root, smashed with a pestle
- ½ teaspoon turmeric powder
- Saucepan

Directions:

1. Combine milk, onion, water, licorice root, and turmeric powder in a saucepan.
2. Place the saucepan over medium heat. When the mixture begins to boil, lower the heat and simmer until the liquid in the saucepan is half its original quantity.
3. Strain if desired. Pour into a cup and serve. You can eat or discard the onions (eating them is recommended) and discard the licorice root.

Elixir for Cold and Congestion

Things You Need:

- 1 whole leaf lemongrass, cut into 1-inch pieces
- 8 – 10 holy basil leaves
- 2 inches fresh ginger, peeled, grated
- 2 – 3 leaves of night flowering jasmine (*Nyctanthes arbor-tristis*)
- 1 teaspoon cinnamon powder
- 2 – 3 guava leaves
- ½ teaspoon whole peppercorns (optional)
- Honey to taste (optional)
- 8 cups water
- Saucepan

Directions:

1. Place all the leaves, ginger, pepper, and cinnamon in a saucepan. Pour

water and place the saucepan over high heat.

2. When the mixture begins to boil, lower the heat and simmer for about 15 minutes.
3. Strain the mixture and discard the solids.
4. Pour as much as required into a cup. Cool for about 5 minutes. Add honey to taste and serve.
5. Store the remaining in the refrigerator. Warm up the elixir just before serving and add honey to taste. It can last for about 3 days.
6. Sip it 2 – 3 times a day (about ½ cup each time).

Elixir for Fever

Things You Need:

- 0.4-ounce holy basil leaves
- 2 cups water

To Serve:

- ½ cup milk
- ¼ teaspoon ground cardamom
- 1 teaspoon sugar
- Saucepan

Directions:

1. Combine holy basil leaves and water in a saucepan. Place the saucepan over medium heat.
2. Let the mixture come to a rolling boil. Turn off the heat.
3. Add half this mixture into a cup. Pour milk into the cup. Add sugar and cardamom and stir until sugar

dissolves.

Drink this twice a day until the fever subsides.

Dry Cough Potion

Things You Need:

- 2 cups water
- 2 teaspoons carom seeds
- 2 teaspoons turmeric powder
- Honey to serve
- Saucepan

Directions:

1. Combine water, turmeric powder, and carom seeds into a saucepan. Cook the mixture over medium heat until the liquid in the saucepan is about 1 cup.
2. Turn off the heat. Pour half cup of the concoction into a cup. Add honey to taste and serve.
3. Store the remaining in the refrigerator. Heat it up before serving. Repeat twice a day.

Chapter 12: Tea for Health

Tea for Sore Throat

Things You Need:

- 1/8 cup dried sage
- 1/8 cup dried licorice root
- 1/8 cup dried marshmallow root
- Airtight container
- Strainer

To Serve:

- 1 cup boiling water per serving
- Honey to taste

Directions:

1. Combine all the dried ingredients in an airtight container. Store the container in a cool and dry area.
2. To serve: Take a tablespoon of the herb mixture and add it into a cup

of boiling water.

3. Cover the cup and let it infuse for about 45 minutes.
4. Strain and add honey. Stir well and serve.

Anti-Inflammatory Turmeric Tea for Arthritis, Joint Pain, Cold and Flu Relief

Things You Need:

- 2 cups water
- ½ teaspoon cinnamon powder
- ½ teaspoon turmeric powder
- ½ teaspoon ginger powder
- Lemon juice to taste
- Raw honey to taste
- Saucepan

Directions:

1. Pour water into a saucepan and place the saucepan over medium heat. When the water is just hot (do not boil), stir in the spices, lemon juice and honey and turn off the heat.

2. Keep the saucepan covered with a lid. Let it cool completely.
3. Stir before serving. Drink about a cup of it 1 – 2 times a day until you are relieved.
4. You can store leftovers in the refrigerator. Bring it to room temperature before serving.

Immunity Booster Tea

Things You Need:

- 1/8 cup dried Echinacea leaves
- 1/8 cup dried elderberries
- 1/8 cup dried ginger root
- 1/8 cup dried rosehip
- 1/8 cup dried astragalus
- Airtight container
- Strainer

To Serve:

- 1 cup boiling water per serving
- Honey to taste

Directions:

1. Combine all the dried ingredients in an airtight container. Store the container in a cool and dry area.
2. To serve: Take a tablespoon of the

herb mixture and add it into a cup of boiling water.

3. Cover the cup and let it infuse for about 45 minutes.
4. Strain and add honey. Stir well and serve.

Ginger Tea for Pain and Nausea

Things You Need:

- 1-inch fresh ginger, peeled, grated
- 2 cups boiling water
- 2 tablespoons lemon juice
- 2 tablespoons honey or agave nectar
- Container with spout
- Strainer

Directions:

1. Place ginger in a container, and pour boiling water over it. Cover and let it steep for 5 – 10 minutes.
2. Strain the tea. Add honey and lemon juice and serve.
3. In case you are making extra tea, add honey and lemon juice just before serving. Make sure to warm the tea before adding lemon and honey.

Tea for Cold Care

Things You Need:

- 1/8 cup dried yarrow flowers and leaves
- 1/8 cup dried elderflowers
- 1/8 cup dried licorice root
- 1/8 cup dried peppermint leaves
- Airtight container
- Strainer

To Serve:

- 1 cup boiling water per serving
- Honey to taste

Directions:

1. Combine all the dried ingredients in an airtight container. Store the container in a cool and dry area.
2. To serve: Take a tablespoon of the herb mixture and add it into a cup

of boiling water.

3. Cover the cup and let it infuse for about 45 minutes.
4. Strain and add honey. This quantity is for 2 – 4 servings. Stir well and serve $\frac{1}{4}$ - $\frac{1}{2}$ cup every hour until about 2 hours before bedtime.

Tea for NyQuell

Things You Need:

- 1/8 cup dried valerian root
- 1/8 cup dried licorice root
- 1/8 cup dried chamomile flowers
- 1/8 cup dried peppermint leaves
- Airtight container
- Strainer

To Serve:

- 1 cup boiling water per serving
- Honey to taste

Directions:

1. Combine all the dried ingredients in an airtight container. Store the container in a cool and dry area.
2. To serve: Take a tablespoon of the herb mixture and add it into a cup of boiling water.

3. Cover the cup and let it infuse for about 45 minutes.
4. Strain and add honey. This quantity is for 2 – 4 servings. Stir well and serve $\frac{1}{4}$ - $\frac{1}{2}$ cup every hour until about 2 hours before bedtime.

Herbal Tea for Cough

Things You Need:

- 1/8 cup dried marshmallow root
- 1/8 cup dried red clover leaves and flowers
- 1/8 cup dried wild cherry inner bark
- 1/8 cup dried thyme
- Airtight container
- Strainer

To Serve:

- 1 cup boiling water per serving
- Honey to taste

Directions:

1. Combine all the dried ingredients in an airtight container. Store the container in a cool and dry area.
2. To serve: Take a tablespoon of the herb mixture and add it into a cup

of boiling water.

3. Cover the cup and let it infuse for about 45 minutes.
4. Strain and add honey. This quantity is for 2 – 4 servings. Stir well and serve $\frac{1}{4}$ - $\frac{1}{2}$ cup every hour until about 2 hours before bedtime.

Chapter 13: Natural Remedies for Digestive System Disorders

Ginger Bites for Upset Stomach

Things You Need:

- 6 tablespoons ginger powder
- ¼ teaspoon sea salt
- 6 tablespoons unsweetened cocoa powder + extra to dredge
- 4 – 8 tablespoons raw honey
- Bowl
- Plate
- Airtight container

Directions:

1. Add ginger, sea salt, and cocoa into a bowl and mix well. Add about 2 tablespoons of honey and stir. Add honey, 1 tablespoon at a time and mix well each time until you can

make balls of the mixture. You may not need all the honey.

2. Make small balls of the mixture (about ½ inch diameter). Place extra cocoa on a plate. Dredge the balls in cocoa and place in an airtight container in the refrigerator.
3. Have a ginger bite when you have an upset stomach. Great for motion sickness, provided you eat it an hour before traveling.

Remedy for Stomach Gas, Pain, and Bloating

Things You Need:

- $\frac{3}{4}$ glass water
- 1 teaspoon lemon juice or more to taste
- 1 teaspoon baking soda
- Spoon

Directions:

1. Add lemon juice into the glass of water and stir.
2. Add baking soda and stir quickly. It will start fizzing. Drink immediately.

Constipation Relief

Things You Need:

- 30 pitted prunes (dried plums)
- 2 – 4 tablespoons orange juice (optional)
- 3 cups water
- Cold milk to serve (optional)
- Saucepan

Directions:

1. Combine orange juice, prunes, and water in a saucepan. Place the saucepan over medium heat.
2. When the mixture starts boiling, lower the heat and cover with a lid. Cook for about 40 – 60 minutes until the water in the saucepan is slightly thick like syrup.
3. Turn off the heat. This makes 2 servings.

4. Place the required quantity of stewed prunes in a bowl. Pour cold milk on top and serve.

Relief from Tummy Troubles (Nausea, Vomiting, Cramps, and Diarrhea)

Things You Need:

- 2 small white or yellow potatoes
- Salt to taste
- 4 small cloves garlic, peeled, crushed
- 4 – 8 tablespoons plain yogurt

Directions:

1. Cook potatoes in a saucepan of water until fork tender. Make sure the potato is not overcooked - it should be undercooked or fork tender. Pierce the potato with a fork and it should remain on the potato for a second before the potato falls off.
2. Drain the water and let the potatoes cool for a few minutes. Peel the potatoes and mash them coarsely. If

your potato is cooked as mentioned,
it will not get mashed easily.

3. Place the potato in a bowl. Add garlic, yogurt, and salt and stir.
4. Serve.

Chapter 14: Miscellaneous Natural Cure Recipes

Heart Blockage Removal

Things You Need:

- 1 cup garlic juice
- 1 cup apple cider vinegar
- 2 cups honey
- 1 cup ginger juice
- 1 cup lemon juice
- Saucepan
- Storage bottle

Directions:

1. Do not use Chinese garlic. Take some regular garlic, add a little water (1 – 2 tablespoons), and blend until smooth. Strain the juice through the cheesecloth, squeezing out as much juice as possible.

Measure out a cup of garlic juice. Make the ginger juice similarly.

2. Pour ginger juice, garlic juice, lemon juice, and vinegar into a saucepan. Place the saucepan over medium-low flame. Let it simmer for about 20 – 30 minutes or until slightly thick.
3. Turn off the heat and let it cool completely. Pour honey and stir until honey dissolves completely.
4. Pour into a glass jar and label the jar with the name and date. Fasten the lid, place it in the refrigerator, and use it within 40 – 45 days.
5. Drink a tablespoon of the mixture on an empty stomach every morning and a tablespoon of it after dinner.

Toothache Remedy

Things You Need:

Remedy 1:

- 1 – 2 cloves garlic
- A large pinch rock salt
- Knife

Remedy 2:

- ½ teaspoon asafetida powder
- ½ teaspoon warm lemon juice or lemon essential oil
- Bowl

Directions:

- 1. Remedy 1:** Place garlic on your cutting board. Crush the garlic with the back of a knife, dredge it in salt and rub it over the problem tooth. Place it on the problem tooth for a while until the pain reduces.

2. **Remedy 2:** Combine asafetida and warm lemon juice or essential oil in a bowl.
3. Smear the paste on the problem tooth. Repeat this application every 20 minutes until the pain reduces.

Tooth Abscess Remedy

Things You Need:

Remedy 1:

- ½ teaspoon tables salt
- 1 glass warm water
- ½ teaspoon baking soda (optional)

Remedy 2:

- 1 ice cube
- Handkerchief or small towel

Directions:

- 1. Remedy 1:** Add salt to a glass of warm water and stir. Baking soda can be added as it will help you better.
- 2.** Rinse your mouth. Take a mouthful of the solution and swish it around in your mouth for a couple of minutes (without baking soda) and 5 minutes with baking soda added.

Spit it out. Repeat this process until the entire glass of water is used up. Do this procedure 2 to 3 times a day.

3. **Remedy 2:** Make a cold compress by placing the ice cube on a handkerchief. Place the cold compress around the abscess.

To Lower Blood Pressure (Hypertension)

Things You Need:

- 2 ounces almond oil
- 20 drops lavender essential oil
- 10 drops sweet marjoram essential oil
- 14 drops ylang ylang essential oil
- 2 drops neroli essential oil
- Small glass dropper bottle

Directions:

1. Add all the essential oils into a small glass dropper bottle. Fasten the cap.
2. Hold the bottle between your palms and roll the bottle to mix the oils completely.
3. Label the bottle with the name and date.

4. **To use:** Add almond oil and 7 drops of the oil blend into a small bowl and mix well.
5. Pour about a teaspoon of the oil on your palm and rub your neck with it. Apply behind the ears and on the wrists for calming. Rub the soles of your feet with the remaining oil mixture. Relax for a while.
6. Use the cupping method: Rub 1-2 drops in your hands, cup your hands several inches from your mouth and nose, and then take a few deep breaths in through your nose.
7. If you do not want to use it for massaging, add it into your bathtub filled with warm water. Relax for 20 – 30 minutes in your bath.

Dry Cough Remedy

Things You Need:

- 7 – 8 almonds soaked in water overnight
- 1 ½ tablespoons butter
- 1 ½ tablespoons sugar
- Blender

Directions:

1. Drain off the water from the almonds. Peel the almonds and place in a blender. Blend until smooth.
2. Transfer into a bowl. Add sugar and butter and stir into a paste.
3. Take half the mixture in the morning and half of it in the evening. Repeat daily until relieved.

Corn Relief

Things you need:

Remedy 1:

- 3 – 4 pieces licorice roots, break into pieces
- ½ teaspoon sesame oil
- Spice grinder

Remedy 2:

- ½ - 1 teaspoon raw papaya juice

Directions:

- 1. Remedy 1:** Powder the licorice roots in a grinder and add them into a bowl. Add oil and stir into a paste. Apply this paste on the corn at bedtime. Place a small bandage pad over it and fasten with tape.
- 2. Remedy 2:** Apply papaya juice on the corn. Rest for a while. Repeat this three times daily.

Dandruff Cure

Things You Need:

Remedy 1:

- 2 tablespoons + 1 teaspoons freshly squeezed lemon juice
- 1 cup water

Remedy 2:

- ¼ cup apple cider vinegar
- ¼ cup water

Directions:

1. **Remedy 1:** Take 2 tablespoons of lemon juice and dab onto your scalp with a small ball of cotton wool.
2. Massage your scalp for a couple of minutes. Let it rest for a minute.
3. Meanwhile, combine water and 1 teaspoon lemon juice in a bowl. Rinse your hair with this.

4. Wash your hair as you normally do. Repeat this every 3 – 4 days.
5. **Remedy 2:** Mix vinegar and water in a bowl. Apply on your scalp. Rinse off after 10 – 15 minutes and shampoo your hair if desired.

Dry Chapped Lips Relief

Things You Need:

Remedy 1:

- 1 thin slice cucumber

Remedy 2:

- Aloe Vera gel

Directions:

- 1. Remedy 1:** Rub cucumber slice on your lips 1 – 2 times daily.
- 2. Remedy 2:** Apply a little aloe Vera gel on your lips 1 – 2 times daily.

Remedy for Bee Stings

Things You Need:

- 1 tablespoon baking soda or more if required
- Few drops water
- Bowl
- Bandage

Directions:

1. Place baking soda in a bowl. Add a few drops of water and stir until paste is formed.
2. Smear a generous amount of paste on the area of the sting. Keep it covered with a bandage. Repeat this 2 – 3 times daily until relieved.

First Aid for Snake Bite

Things You Need:

First aid:

- Rope or handkerchief
- Surgical knife

Remedy 1:

- Baking soda

Remedy 2:

- Plantain leaves (broadleaf plantain leaves also called plantago major)

Remedy 3:

- 2 tablespoons chloride of lime (Calcium hypochlorite)
- 1 ¼ cups water
- Bowl

Remedy 4:

- Salt

Directions:

1. Once you discover a snakebite on your leg, immediate first aid needs to be given. For this, tie a rope just above the bite. Clean the area of the bite and suck out the poison.
2. Next, you should cut the area of the bite with a surgical knife and let the blood flow out from the area.
3. **Remedy 1:** Place a little baking soda in a bowl and add 2 – 3 drops of water, just enough to moisten and place it on the wound for many hours. The baking soda should be kept moist.
4. **Remedy 2:** Bruise some plantain leaves and place the leaves on the wound. Juice some of the leaves and give the patient 1-teaspoon of the juice every hour.
5. **Remedy 3:** Combine water and

chloride of lime in a bowl. Pour this solution over the wound.

Home Remedy Ear Infection Drops

Things You Need:

- 3 tablespoons olive oil or fractionated coconut oil
- 9 – 10 drops tea tree essential oil
- 3 cloves garlic, crushed
- Dark dropper bottle
- Small pan
- Strainer

Directions:

1. Add oil into a pan and place it over low heat. Add garlic and stir occasionally and cook for about 5 minutes.
2. Turn off the heat. Strain the oil into a cup with a spout using a strainer.
3. Pour infused oil into the dropper bottle. Fasten the cap and label it with the name and date. Place it in

the refrigerator. Use it within 1 week.

4. Lie on your side. Drop a couple of drops of warm oil into the ear. Massage lightly behind the ears. Keep lying down for 5 minutes. Do this once a day.
5. To reheat the oil, place the dropper bottle containing the oil in a bowl of hot water for 2 – 3 minutes.

Burn Relief

Things You Need:

Remedy 1:

- Lemon wedge

Remedy 2:

- A little aloe Vera gel or honey
- Bandage pad

Directions:

1. **Remedy 1:** This is especially good for burns from pots and pans. Place a lemon wedge on the area of burn for some time.
2. Repeat 2 – 3 times in the day if required.
3. **Remedy 2:** If you are using honey, take a small bandage pad and place some honey on it.
4. Place the bandage on the burn, with the honey side on the burn.

5. If you are using aloe Vera gel, apply a generous amount of honey to the area of the burn.

Sunburn Relief

Things You Need:

- ½ cup water
- ½ cup vinegar
- Hand towel and bowl or spray bottle

Directions:

1. Combine vinegar and water in a bowl if using a towel. Dip the hand towel in the bowl and place the towel over the sunburn.
2. If using a spray bottle, combine water and vinegar in the spray bottle. Fasten the spray nozzle cap. Spray the mixture over the sunburns.

Pink Eye (Conjunctivitis) Relief

Things You Need:

- Warm and wet tea bag (black tea bag or chamomile tea bag)
- Cooled and wet tea bag

Directions:

1. Squeeze out the extra moisture from the tea bag and place a warm tea bag on the infected eye. After 5 minutes, remove the warm tea bag and replace with a cooled tea bag.
2. Repeat this process few times a day until relieved.

Chapter 15: Herbal First Aid Kit

Now that you are aware of the different healing plants and herbs, their uses, and recipes to make natural medicine at home, it's time to assemble a first aid kit. This herbal first aid kit should always be accessible. Apart from using the remedies, you should also know how to administer basic first aid. As the name suggests, it is the basic aid that must be administered to anyone in need of immediate medical help or attention. In the event of an emergency, you will need to know what to do. The best way to ensure you react and respond properly is by creating a plan of action and following it.

An important part of this emergency plan should be learning about first aid. You can take a course and keep practicing regularly. These days, plenty of online videos are available that can teach you about administering first aid. Some basic skills you should learn are administering CPR,

performing the Heimlich maneuver, tying a tourniquet, and putting pressure on an external wound to stop excess blood loss.

When it comes to administering first aid, never assume the injured person can tell you what happened or that you can guess what happened. It is better not to make any assumptions. For instance, what will you do if you see someone lying unconscious on the floor? In such situations, it is not just about administering first aid. You will also need to solve the mystery before helping. After all, it's important to ensure that you are helping them and not causing more problems. Look for any potential tripping hazards, check if they are physically injured, and look for signs of what has happened. Is the person bleeding? Are they breathing normally? Can you find a pulse? IS the pulse too fast or slow? Do you smell alcohol on them? Check if the person can hear you.

You might not always know the precise course of action in every situation. That said, having basic first aid skills such as doing chest compressions and administering CPR

and having a variety of herbal remedies and medicine to choose from, your ability to deal with health emergencies improves. Even in a worst-case scenario, you will be prepared to deal with whatever challenge comes your way.

When it comes to creating your first aid kit, you will need containers, herbs, remedies you have made, and plenty of labels. The best containers to store herbs and herbal medicine are glass bottles and jars. That said, adding them to a first aid kit where they might get bumped and tossed around is not a good idea. Instead, opt for containers made of HDPE plastic. It's not just about storing dry plant material, you will also need to carry liquids such as tinctures. For liquids, you can use plastic storage containers, provided it's only for short-term use.

In this book, you were introduced to a variety of herbs, their healing benefits, medicine, applications, and recipes to use them. Go through all the recipes, make a list of likely infections or illnesses you need to watch out for, and stock the required plant material.

Depending on whether the recipes call for fresh or dried plant material, stocking the herbs at home is important.

Another important component of the first aid kit is to ensure that all containers are properly labeled. How can you identify each herb and plant remedy if they are not properly labeled? This can make all the difference between saving someone's life or even helping yourself in an emergency and being caught off guard. In case of an emergency, you cannot afford to waste time sitting and sniffing around the different bottles in the first aid kit. Instead, you should be aware of the contents. This ensures you or anyone else can administer first aid when needed.

Dosage Guide

Dosage requirements of adults, children, and the elderly, and pregnant women will be different. You cannot administer the same dosage to everyone. If you are making natural medicine and remedies at home, ensure that you consider the varying dosage requirements of those in your household. Here is a basic

dosage guide for your reference.

There have been different methods for calculating ideal medicine dosages for children over the years, but the most common methods are the Cowling's Rule, Clark's rule, and Young's Rule. To determine the dosage by using the Cowling's rule, you will need to divide the child's age at the next birthday by 24. For instance, a 7-year-old's (turning 8 on the next birthday) ideal dosage using Cowling's rule will be $8/24$ or $1/3$ rd of the adult dosage.

Clark's dosage rule states that the child's bodyweight (in pounds) must be divided by 150 to obtain the percentage of adult dosage ideal for a child. For instance, if the child weighs 75 lbs., the ideal dosage will be $75/150$ or $1/2$ of the adult dosage. The third formula for determining a child's dosage is Young's rule. This formula divides the child's age by the summation of their age + 12. For instance, if the child is 6 years old, according to Young's rule, the dosage will be $6/(6+12)$, which is equivalent to $1/3$ rd of the adult dosage.

When it comes to pregnant or nursing women, certain herbal remedies are not ideal for them. Not just herbs, even some medicinal plants shouldn't be administered to pregnant or nursing women. That said, there are no dosing considerations for herbs that can be used. Whenever you assemble a first aid kit, make a note of herbs that cannot be administered to different categories of people. Even if you are not using the first aid kit, anyone else who uses it will know what's to be done.

Bodyweight matters a lot when it comes to the overall effect of herbal medicine or remedy. This is one of the reasons why large adults, whether according to their weight or height, usually need a stronger dose or more frequent doses. If you are overweight or are dealing with someone overweight, the dosage of the medicine administered will vary. You should also carefully consider any existing health conditions or ailments they might have. For instance, using an herbal remedy known to thin blood is not a good idea, especially if the said person has

cardiovascular disorders.

You will need to be careful while administering dosage to the elderly as well. The dosage considerations are individualized. All healthy adults, including the elderly who are active, can take care of their basic needs, have good eyesight, and do not have any symptoms of chronic illnesses will require the same dosage as adults. That said, if they have any preexisting health conditions, are frail, or have other health markers such as diabetes, high blood pressure, and so on, it means their bodies will take longer to heal. This means the dosage must be adjusted accordingly. Also, when in doubt, stick to the topical application instead of the internal use of any medicine.

Conclusion

It is neither possible nor advisable to rely on only the existing public or private healthcare systems to cater to your needs. Different circumstances can make it impossible to obtain the necessary medical attention or medicine. In such situations, you cannot rely on anyone other than yourself. This is where prepping steps into the picture. Becoming a prepper and survivalist is all about ensuring your survival even in dire circumstances. There will likely come a time when medical supplies are not available or you are cut off from medical services in natural disasters and tending to yourself or others through conventional channels becomes impossible.

Learning about natural medicine is the best way to improve your chances of survival. A wonderful thing about natural medicine is the ingredients you need are pretty much present everywhere. Stocking the necessary medicinal supplies, making natural remedies, and keeping them on hand will prove wise in

case of an emergency. Whether it is political unrest that harms the availability of medical facilities or a hiking accident that cuts you off from the rest of the world, natural medication present in your first aid kit will come in handy. The good news is, it's never too late to become a prepper and learn about natural medicine.

In this book, you were introduced to all the benefits associated with prepping and the different supplies you will need to make natural remedies at home. From tinctures and salves to balms and lotions, there is a lot you can do with natural ingredients. Medicinal plants and herbs are nature's gift to humanity. Nature has answers to almost all ailments plaguing humanity these days. Whether you want to treat skin irritation caused by poison ivy or treat insect bites and heal wounds, natural remedies are available for pretty much anything you can think of.

You were introduced to a comprehensive list of medicinal plants and herbs and their healing properties. You were also introduced to different recipes that can be used for

making natural remedies and medicine at home. This book is your step-by-step guide for preparing for any type of emergency.

So, what are you waiting for? There is no time like the present to get started and learn about natural medicine. It's not just about dealing with emergencies. The recipes are given in this book will come in handy in your daily life too!

Thank you for buying and reading/listening to our book. If you found this book useful/helpful please take a few minutes and leave a review on [Amazon.com](https://www.amazon.com) or [Audible.com](https://www.audible.com) (if you bought the audio version).

Resources

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